



Featuring – WEIGHT MASTERY– SPECIAL OFFERS

Dear Gematria Friends



Over the past few weeks we have had some really warm temperatures and it's rumoured that this may be the lasting trend for the summer months.

The change in season brings about a change in lifestyle and mood.

Weight Mastery

Weight Loss and food choices are much easier in the summer with salads and local fresh produce tempting our taste buds. Also with the sun to lift your mood the carbohydrate cravings are less. This is all good

news, and as we contemplate holidays on the beach, bikinis and bare legs we become more body conscious than ever!

Whilst we have the summer on our side why not enhance your chances of success in weight loss with some well designed nutritional supplementation and the ultimate in weight loss mastery. As a natural health company we believe firmly in nutritional medicine and supplementation however we are extremely aware that optimum health comes from taking care of your diet, lifestyle and habits more than anything else.

Our CEO Dr Todd Ovokaitys has developed an imaginative and detailed approach to weight loss that offers support, a clear process and the most up to date scientific research for those of you who wish to eat your way to successful weight loss. This information and weight loss plan is available to download free on our website www.gematria.co.uk.

Our weight loss supplement programme includes: LiteBody Gems, Lipo, GemBalance with 5 HTP and Dual Carnitine.

A Safe Sun Tan

The sun brings many health benefits, as well as lifting our mood sunlight provides us with essential supplies of vitamin D. So how can you enjoy the sun on your skin safely? Here are a few tips from the Gematria team!

1. Limit your sun exposure to short intervals
2. Avoid the midday heat
3. Wear a chemical free sunscreen
4. Build up exposure time gradually
5. Take an antioxidant formula such as Recharge or LifeGems to protect against free radical damage.
6. Eat a spoonful of tomato puree or cooked tomatoes every day!

All our products are available online at www.gematria.co.uk or by calling **01444 - 47 11 47**

Summer Special Offer

Buy all four weight loss products before the end of August and receive 20% discount

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With Best Wishes
The **Gematria-Team**

