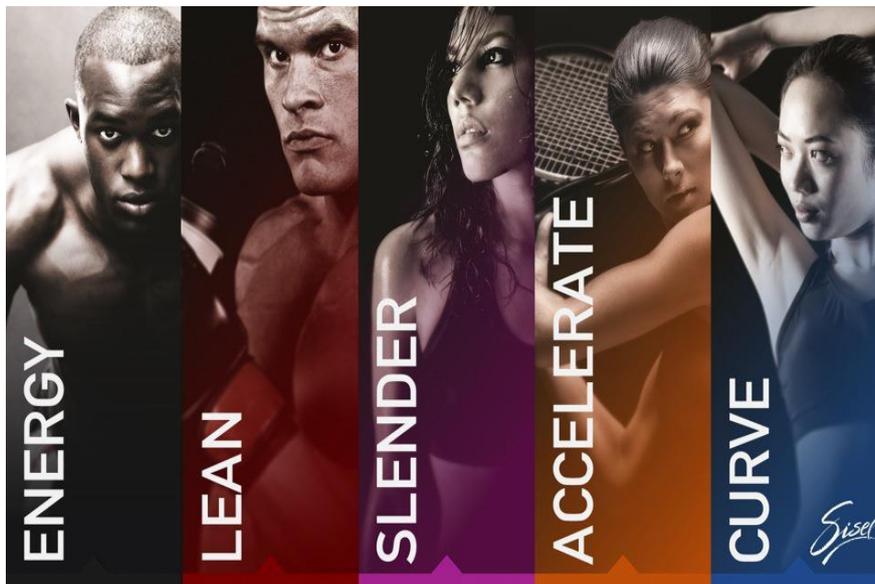




Weight Loss Information and Ultimate Body Sculpting Challenge



Compiled by:

Marilyn Vine
siseloppportunity@iinet.net.au
Sisel Independent Distributor AUS9330852
<http://marilynvine.mysisel.com>
<http://marilynvine.mysiselpro.com>
<http://marilynvine.mysiselkaffe.com>

PLEASE CONTACT THE PERSON WHO PROVIDED THIS BOOKLET FOR MORE INFORMATION

DISCLAIMER

The information contained in this book is for educational purposes only. It is not provided to diagnose, prescribe, or treat any condition of the body. The information should not be used as a substitute for medical counselling with a health professional. The compiler accepts no responsibility for such use.

No statements regarding any product have been evaluated or approved by the Food and Drug Administration or the Therapeutic Goods Administration. You are responsible for your own health and you use any products at your own discretion and risk.

This booklet does not verify the accuracy of nor assumes responsibility for any submitted information or testimonials provided.

So, in summary, I am not responsible for anything and you are responsible for everything.

Compliance laws and regulations vary from country to country. In the United States, for example, the Food and Drug Administration state that any weight loss product has to be incorporated with a decrease in caloric intake or an increase in exercise or both!

With this in mind, read on.

Yours sincerely
Marilyn Vine

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Preface

Did you know that the average woman goes on over 40 weight loss programs and diets in her lifetime and fails! The products that they have used or the diets they have embarked on, which failed, may cause changes in their set point metabolic rate. Now their metabolic rate reduces, but eating the same amount of calories may, in fact, cause them to gain weight.

Metabolism

Metabolism refers to the countless chemical processes going on continuously inside the body that allow life and normal functioning. Did you know that the amount of kilojoules your body burns at any given time is regulated by metabolism?

Many factors influence your metabolic rate:

- ❖ Age
- ❖ Muscle to fat ratio
- ❖ Physical activity
- ❖ Hormonal function

There are two components to your metabolism:

- ❖ Catabolism – the breakdown of food into simpler forms, which can then be used to create energy which can be converted into heat or used by the cells in your body.
- ❖ Anabolism – energy is stored in fat cells or used to help build or repair structures of the body. The total expenditure or metabolic rate as we know it can be divided into three parts:
 1. Basal Metabolic Rate (BMR) – which is the amount of kilojoules burned when at rest. This contributes to 50-80 percent of energy used.
 2. 20% of daily energy used is attributed to Energy used During Physical Activity. This is the amount of kilojoules burned during movement and physical activity.
 3. Another 5-10% is used when you eat, digest and metabolise food. This is called the “Thermic Effect of Food”.

The BMR refers to the amount of energy your body needs to maintain itself. Lean mass, especially muscle mass is largely responsible for the BMR. Anything that reduces lean mass will reduce your BMR. This is why it is so important when losing weight to preserve muscle mass.

Information obtained from LA – December 2012

Did you know these statistics?



Weight Loss Products Available February 2015



[Click this link](#) to listen to Aaron Rennert, Vice President, Worldwide Sales/Chief Performance Officer while he takes you through Sisel's line of weight loss products and the science behind them.



SiseLEAN Weight Management Shake



Our high-end protein fuels lean muscle growth so you can look Fit and Fabulous! Sisel utilizes Micellar casein bonded with calcium ions and whey protein concentrates (this means that they are natural, highly purified, and super filtered at low temperatures to save and concentrate the effective properties within them). They contain an exquisite array of highly potent natural peptides and polypeptides offering spectacular, unparalleled support for fat burning, lean tissue building, and appetite control.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or

prevent any disease.

SlenderPops



At last, the candy that's good for your waistline. What could be better than managing your weight with a bagful of grape-flavored lollipops? Not much. We've made slender simple—and tasty. These great-tasting, fructose and sugar-free lollipops help you feel full so you can control your portion-sizes. The result? Slim and sexy. Features a brand-new formula with *Opuntia ficus-indica* and prickly pear extract

SiselPOPs contain a combination of highly concentrated extracts from the fruit of the rare cactus *Opuntia ficus-indica*. The formula also contains the powerful ingredient Cactinea™, derived from a special variety of prickly pear. These extracts support weight management by curbing your hunger with healthy fiber. SiselPOPs are sweetened with xylitol—the perfect choice for the calorie-conscious.

- Tastes temptingly sweet, without sugar and fructose, thanks to the tooth-and-waist-friendly ingredient xylitol.
- Helps you feel satisfied and full with the healthy fiber in *Opuntia ficus-indica*.

- Helps you control portion sizes with the fiber in the prickly pear extract Cactinea™.

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Accelerator



Accelerator contains some of the most proven natural weight loss-supporting ingredients combined in precise amounts that have been determined by Sisel researchers to deliver the greatest synergistic effect possible. In our tradition of "researching the research" we believe we have unlocked the potential of these well-known ingredients further than any other product or formulation ever has before.

This blend of powerful ingredients was created to deliver incredible thermogenic support. Thermogenesis, or the creation of heat, is a process concurrent with the burning of calories, and as anyone who has struggled with diet and exercise knows, burning calories is not easy!

With Accelerator it can be!

Not only do the ingredients in Accelerator work synergistically with each other, but as a formula Accelerator works in concert with our other thermogenic product, ThermoCharge. Because these two formulas are so different, their ingredients function through entirely different mechanisms of action to power up your calorie and fat burning efforts. Accelerator can be the perfect supplement to initially jumpstart your weight loss efforts, and when possible should be among the first of the five products included in Sisel's Slim & Slender Rapid Weight Loss System that you use.

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ReCurve



- Enhances the appearance, tone, and firmness of skin*
- Targets cellulite and fatty tissues in problem areas*
- Smooths out dimpled skin, reducing orange peel effect*
- Helps reduce leg size*
- Helps destroy fat cells and inhibits new fat cells from forming*
- Stimulates the production of collagen*
- Rejuvenates aged skin to a firmer, more youthful look and feel*

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UltraMaxx Energy Drink



BreakTHRU is now UltraMaxx! We've taken nature's most potent, energy-laden ingredients, and concentrated them into a shot of pick-me-up. This is a supernova of natural energy for everybody.

Your life can be a blur of wall-to-wall activity, every minute accounted for by work, kids, chores, friends, errands, exercise, and everything else. It's enough to wear you out. And some days, you might just feel spent—like you're ready to throw in the towel. When that happens, you need an UltraMaxx. Sisel's energy drink provides potent, natural energy.

Key Benefits

- A supernova of natural energy
- 0 calories
- Fights feelings of fatigue
- Helps you feel alert and in charge
- Supports the body's own energy-producing processes
- Promotes a healthy metabolism
- Supports feelings of endurance
- A patent-pending blend

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Sisel Kaffé - Thermogenic Kaffé



Thermogenic Kaffé combines two great products to help you reach your weight loss goals:

Sisel's *Thermogenic Weight Loss Coffee* takes coffee, which is already a natural appetite suppressant, and fortifies it with ingredients that have been scientifically proven to support the two major components of weight loss.

ThermoLEAN 500 has all the great benefits of Sisel Kaffé Thermogenic Weight Loss Coffee packed into a convenient capsule. When coupled with Sisel's Kaffé's healthy coffee, you can further your weight loss goals.

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Sisel Lean – Frequently Asked Questions

Questions:

- As a meal replacer how many times can it be used a day as such?
- How many times a day can you use it?
- What other regular healthy meals should you use with it?
- Knowing it takes about an hour to consume – how long does it stave off hunger pangs?

Answers:

- It can be taken 2-3 times a day.
- Important to let it set for 10-15 minutes before drinking then enjoy over a 30-60 minute period so that it coats the inside of stomach to satisfy hunger.
- If replacing two meals a day then make sure the other meal is a healthy one with whole foods, salads, etc and staying away from unhealthy snacks, processed foods and sugars.

Additional Information:

- Jeff Primm, twice winner all natural Mr Universe uses 2 scoops twice a day for body building.
 - For those wanting weight loss he has them do 2 scoops for breakfast and then 1 scoop for their lunch shake.
- 5 September 2012

Cholesterol in SiseLEAN

The 25 mg of cholesterol shown on SiseLEAN is HDL cholesterol in a fatty acid form from the whey. This is the good kind of cholesterol.

Tom Snr



BODY SCULPTING - REDEFINING WEIGHT LOSS

SiseLEAN Weight Management Shake:

**Only 80 Powerful Calories
Get Ripped Protein
Whey Protein isolates & "Calcium Bonded" Caseinates
Body Fuel Vitamins
Feel Full Fiber.**

No toxins, lactose, soy, hormones, fats, pesticides/herbicides, to cause inflammation or create metabolic syndrome.

Appetite control of both Ghrelin & Cholecystokinin (hunger hormones)

Excellent Flavor & Texture

Lose Fat & Get Lean

Take the 12 + 1 Body Sculpting Challenge!

The world's first weight management system scientifically-engineered to correct the underlying cause

of weight gain—your metabolism. Unlike short-term products that can only mask symptoms, the benefits of correcting your metabolism are more dramatic and produce far superior body changes that are healthier and more sustainable for the long-term.

WHY CORRECT YOUR METABOLISM?

- Promote fat burning by triggering natural biochemical signals*
- Experience precise weight loss by losing fat without deteriorating valuable lean muscle tissues*
- Energize and nourish lean muscles, bones & tissue even during weight loss*
- Watch your energy levels increase and your food cravings disappear*
- End the dangerous yo-yo diets of the past with this sustainable lifelong solution
- Highly potent natural peptides and polypeptides offering unparalleled support for fat burning, lean tissue building, and appetite control.

The Power of Protein

SiseLEAN's high-end protein fuels lean muscle growth so you can look Fit and Fabulous!

Utilizing whey protein concentrates. "Micellar" means that the ingredients are natural, highly purified, and super filtered at low temperatures to save and concentrate the effective properties within them.

Giving your body the power to flush fat and build lean muscle, bones & tissues.

Beyond the Protein

In addition to the protein, which fuels lean muscle growth, SiseLEAN also contains fiber, making you feel full which prevents you from flipping into binge mode. It also features numerous vitamins to energize your motor to sustain your focus and discipline.

Pick a Body Sculpting Plan



1. For rapid weight loss support: 2 SiseLEAN, 1 Accelerator, 2 bags Siselpops (48 pops)

Replace two meals a day with SiseLEAN weight management shakes to support fat burning, energetics, and lean tissue enhancement.

30 minutes before workout take 1-2 *Accelerator Capsules (workout in a bottle)* Speeds up fat burning by 50% equal to about 40 minutes of exercise.

Snack on Siselpops – 1 or 2 a day during those "craving" periods. *These are all Natural + Organic Sugar Free, High Fiber, Low Carb, Diabetic Friendly & healthy Snacks sweetened with xylitol.*

For best results: Drink 8oz. water before and after your Siselpop.

2. For maintenance-level support: 1 SiseLEAN, 1 bag Siselpops. Simply replace one meal per day with SiseLean & use the Siselpops to kick cravings and flush more fat.

*To lose weight at an average rate, a man typically needs a caloric intake of 1,500 per day; a woman about 1,200 per day. Consuming 1,000 calories per day could possibly accelerate results significantly. With only 80 calories per shake, SiseLEAN supports your health, fitness, and image goals.

SiseLEAN Success Tip

1. Mix SiseLEAN in the SiseLEAN shaker, then let sit for about 10-15 minutes, shaking it a few times during this period. The shake will thicken and bulk up more in your system, making you feel full more quickly and for longer. This happens because of the Micellar structure of the caseinates. They are bonded by calcium and as they hydrate they unfold like an umbrella.

2. Add 4 or 5 ice cubes to your shake and drink it slowly over an hour. This maximizes the benefits of these highly purified and concentrated proteins. (This is how 2 time Mr. Universe Jeff Primm uses SiseLEAN to outperform men half his age in his gym.)

SISELpop Success Tips:

These are high in fiber so drinking 8oz of water before

and after will increase fat flushing.

Be sure to drink ½ of water for every pound you weight daily. For ex: weight 130 = 75oz daily water intake.

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For more information on the Ultimate Body Challenge contact:

Marilyn Vine

siseloopportunity@iinet.net.au

<http://marilynvine.mysisel.com>

+61 2 44721835

AUS9330852

FITNESS

Exercise for at least 30 minutes a day, 5 days a week. This could be walking, running, cycling, swimming, hiking, playing a sport, etc.

LIFESTYLE

INTEGRITY: Do your best to keep and honor your word. We're in this together! Eat low glycemic, high fiber & complex carb foods.

NUTRITION GUIDE

Do your best to keep your calorie intake between 1000-1400 calories
Carb intake 80-120 grams
Protein 50-70 grams

FOODS TO ENJOY

(LOW Glycemic)

Vegetables:

Artichoke, Arugula, Asparagus, Avocados, Bamboo Shoot, Beets, Bok Choy, Broccoli, Brussels Sprouts, Cabbages, Carrots, Cauliflower, Celery, Chili Pepper, Collard Greens, Dandelion Greens, Eggplant, Garlic, Ginger, Green Peas, Kale, Leeks, Mushrooms, Mustard greens, Olives, Onion, Peppers, Pickle, Radishes, Rhubarb, Romaine Lettuce, Spinach, Turnip, Watercress

Legumes:

Black, Garbanzo, Great Northern, Kidney, Lima, Navy, and Pinto Beans; Lentils

Fruits:

Apple, Apricots, Blackberries, Blueberries, Cherries, Coconut, Figs, Grapefruit, Lemon, Nectarines, Oranges, Passion Fruit, Peaches, Pears, Plums, Pomegranate, Raspberries, Strawberries, Tomatoes

Nuts and Seeds:

Almonds, Cashews, Hazelnuts, Peanuts, Pecans, Pine Nuts, Pistachios, Sesame Seeds, Sunflower Seeds, Walnuts

Meats:

95% Lean Ground Beef, Chicken Breast, Crab, Duck, Eye of Round, Flank Steak, Halibut, Ham, Herring, Lobster, Mackerel, Pork

Salmon, Sardines, Shrimp, Sirloin, Tender Loin, Tilapia, Tuna, Turkey Bacon, Turkey Breast, Whole Eggs, Veal

Soy Products:

Tempeh, Tofu, TVP

Cheese:

American, Cheddar, Blue, Brie, Monterey Jack, Mozzarella, Parmesan, Provolone, Swiss

Dairy:

Milk, Cottage Cheese, Yogurt (no added sugar)

Grains:

Blanched Barley, Bran, Quinoa, Vermicelli Noodles (wheat), Wheat Germ, Wild Rice

All Herbs:

Basil, Cinnamon, Oregano, Parsley, Shallot, Vanilla etc.

FOODS TO EAT IN MODERATION

(MEDIUM)

Vegetables:

Beets (cooked), Pumpkin, Squash, Sweet Corn, Yams

Fruits:

Bananas (ripe), Melons (Honeydew, Cantaloupe, etc.) Papaya, Raisins

Nuts and Seeds:

Chestnuts

Meats:

80% Lean Ground Beef, Chicken Thigh, Pork Ribs, T-bone steak

Grains:

Amaranth, Basmati Rice, Bulgur Wheat, Long Grain Rice, Millet, Oatmeal, Pearl Barley, Polenta, Red Rice, Rye Bread, Spaghetti, Sushi Rice, Vermicelli Noodles (rice), Whole Grain Bread
Wine: Red Wine

FOODS TO AVOID

(HIGH)

Vegetables:

Rutabaga, Turnip (cooked), White Potatoes

Fruits:

Watermelon

Meats:

Bologna, Breaded Fish/chicken, Fried Meats, Pork Bacon, Sausage

Grains:

Bagel, Biscuit, Cereals, Gnocchi, Instant Oatmeal, Potato Bread, Sticky Rice, White Bread, White Pasta

Processed Foods:

Beer, Cakes, Candy Bars, Commercially-baked pastries, Condiments Containing Added Sugar, Cookies, Crackers, Doughnuts, French Fries, Fruit Juices, High Fructose Corn Syrup, Hydrogenated and Partially Hydrogenated, Ice Cream, Lard, Margarine, Muffins, Oils, Packaged Snack Foods, Popcorn, Potato Chips, Rice Cakes, Soda Pop, Tapioca, White and Brown Sugar

Recipes

SiseLEAN Recipes mix with water, coconut milk, almond milk, etc. Soy is not believed to be good. See article – Dark Side of Soy.

1 ounce equals roughly 30 grams

For best results **ALWAYS** let set 10-15 minutes after blending shake and then drink over the course of 30-60 minutes. Instead of inhaling the shake .. enjoy it. This will help satisfy hunger longer and increase protein absorption. Be sure to drink WATER WATER WATER to flush the fat you are losing.

For absolute best results just mix 1 to 2 scoops with boring old FILTERED water.

Chocolate Cream Shake

1 scoop SiseLEAN
 ½ avocado
 1 tbspn cocoa powder
 1 cup almond milk
 Blend and enjoy

Frappuccino

1 scoop SiseLEAN
 6 oz cold coffee
 4 oz ice
 2 oz milk
 1 oz Stevia
 Blend and enjoy

Eternity Shake

1 scoop SiseLEAN
 ¾ oz Eternity
 8 oz water

Banana Madness

1 scoop SiseLEAN
 ½ banana
 4 oz ice
 6 oz coconut milk
 Blend and enjoy

Peaches & Cream

1/3 peach or frozen peaches
 8 oz milk
 1 scoop SiseLEAN
 Blend and enjoy

Berry Blast

½ cup favourite berries
 ½ cup ice
 1 scoop SiseLEAN
 8 oz water or milk
 Blend and enjoy

Peanut Butter Shake

1 tbspn peanut butter
 1 scoop SiseLEAN
 8 oz almond milk
 Blend and enjoy

Mango Madness

1 scoop SiseLEAN
 6 oz mango juice
 ¼ cup ice
 Blend and enjoy

SiseLEAN Pancakes

Add a scoop of SiseLEAN to the batter

Cinnamon Spice

1 tspn cinnamon
 1 scoop SiseLEAN
 1 cup almond milk
 ¼ cup ice

Greek Yogurt Shake

½ cut favourite Greek yoghurt
 1 scoop SiseLEAN
 4 oz water
 4 oz almond milk
 Blend

Flax Seed Shake

1 tbspn flax seed
 1 scoop SiseLEAN
 8 oz coconut or almond milk
 ¼ cup berries, cocoa powder or peanut butter
 ¼ cup ice
 Blend

Email from Tom Snr on Dark Side of Soy

Sent: Tuesday, September 20, 2011 3:02 PM

Subject : The Dark Side of Soy

This attachment is a recap of studies and writings on the “potentially harmful effects of soy” I have compiled. It has long been thought that soy was healthy but much of the potentially harmful side effects it contains has been hidden by the industry and the Soy Industry is a really big one. Throw on that a bunch of health food extremists and soy has been promoted where I believe it should not have been. This recap is a combination of published excerpts on the potential dangers of soy for your evaluation and consideration in being able to know, choose and use good, effective and safe products in your life and the lives of those you know and care about

Soy is perhaps the most toxic laden, chemically contaminated product that is in agriculture. Extremely large doses of toxic herbicides and pesticides are sprayed repeatedly while it is growing. Processers can and often do ferment or heat soy to very high temperatures to try and combat parasites and other microbials. In doing so, the proteins become denatured and broken down into a mush like mix of degraded proteins. Toxins can be very stable and may still be present in large quantities.

Many weight loss meal replacements utilize soy for the protein content in it and because it is very low cost to use. Many studies show that soy protein for weight loss causes both fat and lean loss too. Losing fat but also quite a bit of lean too is a losing process that I do not believe is healthy and experts agree.

Sisel will not use soy because of the potential for toxins, the contradictive potential health damaging factors associated with the variety of ingredients found within soy as outlined in the attachment. For Sisel the choice is simple. With so many potentially serious health damaging side effects for men, women, children and the unborn that Sisel will not risk soy's use in our products.

Simply stated, we could use soy. It is cheap to buy and inexpensive to use. However we believe it may adversely affect weight loss and make it easier to regain weight. The loss of lean is such a serious health issue that it justifies avoiding soy. Then the potential health damaging aspects of all the biologically negative ingredients contained within soy makes using it a foregone conclusion not to do so.

Even whey, whey protein isolates and whey protein concentrates can have some potentially adverse side effects too. Whey is definitely a better protein in our opinion than soy but with its use too, comes the threat of health issues also. So to use whey's specific protein, mineral and peptide power and to avoid toxins and other health damaging ingredients within whey Sisel uses specially extracted ingredients. Whey proteins that are very pure, highly refined and specific in nature and purpose, with natural proteins not denatured by heat and purified by Micellar processing to remove hormones, milk fats, pesticides & herbicides, lactose and all the negative constituents found within it. The proteins are very pure, full of peptides and amino acids in their natural state and highly concentrated for maximizing their usefulness in the product.

Sisel's goal is to burn fat, build muscle & bone, create energy, greatly improve health, build lean tissue and organs, satisfy and suppress hunger, give a long lasting feeling of fullness from this advanced low calorie nutrition. Accordingly to create a “perfect storm” program where fat loss is great and fast, while building lean muscle and tissue is too.

Improving the BMR (basic metabolic rate) with this advanced Micellar process whey and Micellar calcium caseinates offer paralleled performance in the weight loss industry. With Soy it is thought BMR goes down. With BMI, (Body Mass Index - lean to fat ratio) Imagine this as a possibility. Say you lost 20 pounds and in this weight loss your actual fat loss was 25 lbs. and the lean muscle mass increased by 5 lbs. The net loss would be 20 lbs. but only because you gained 5 lbs. of lean and this weight change offset the 25 lbs. of fat loss. Your BMI would be greatly improved and we think your health would be too of course. This is our goal and as testing goes on with BMI results we will find out. We think we can do it, so let's get it on with Sisel and get it off our stomach's, thighs and hips.

In comparison the meal replacement products based on soy and soy-whey combinations are very inexpensive to make. I estimate \$2-3 for a bag lasting two weeks is about the average cost. I believe we could make it for that price. Sisel's new meal replacement will cost about 6-7 times that much. Why because to really lose weight fast, healthy and be able to keep it off takes spectacular ingredients. This is how Sisel builds products and the results I believe will easily show we are doing it. While soy meal replacements may lose both muscle and fat, with the main reason being low calories without any real biological support, Sisel's highly advanced products and system, will create truly amazing results both long and short term we firmly believe and devastate any product in the marketplace today for sheer performance, results and rate of loss.

Our selling price with competitors products will be the same but our performance will fly while others will drag and limp along. Truly this is the major breakthrough of all time in weight loss. Not possible before but with the highly advance discoveries made in recent years it is now possible. With Sisel's debt free and a manufacturer where almost all others companies are often laden with debt, do not manufacture the products they sell, I believe they have little choice but to make a cheap product, exaggerate the claims and sell it for a higher price than the formulation justifies.

Start shedding those pounds and building that lean with the new Sisel Fit and Fabulous Weight Loss Program coming out at convention..... with pre-ordering as early as sometime next week. Get an early start and start sheddin' them' thar' pounds!

The ULTIMATE Body Sculpting Challenge



Email from Sisel dated 2 January 2013

It's no secret—the effects of being overweight are far reaching. That is why so many resolutions are based around weight loss. There are many who begin to work toward their weight loss resolution, but give up shortly thereafter because they simply don't know how to lose weight. The leading reason weight loss resolutions are not kept is the lack of a plan, so what is the secret? Simply have a basic program and community that works together to support your goal. This is why Sisel created Your Ultimate Body Sculpting Challenge.

Your UBSC is a structured 12-week program that supports your weight loss goals. And, as fate would have it, your challenge begins NOW—January 1, 2013!

Within the 12-week plan, there are 6 different weight loss packs you can choose from, depending on your weight loss goals. The packs offer a variety of weight loss supplements and meal replacement suggestions that provide the added support you need to achieve your goals.

If losing weight wasn't enough, Your UBSC also offers prizes to help motivate you into reaching your goals. Some of these prizes include local personal trainer sessions, celebrity makeover, cash for a shopping spree, or a trip to Cancun!

So what are you waiting for? There is no been a better time than NOW to join Your Ultimate Body Sculpting Challenge and achieve your weight loss resolution. To begin, [click here](#).

This is your chance—your opportunity to lose weight and keep your New Year's resolution. It is time to JOIN!

Bodies Sculpted, Lives Changed - Winners 2014



Don O. - Lost 22.5% body weight and 18 in.

Tired of knowing that Sisel has the greatest health promoting products in the world without ever giving them the chance to work, Don decided to go all in and change his life. His plan consisted of 3 points. First, go all in and use all Sisel as to offer. Weight loss webinars with Fabian Loso, loads of excellent Sisel products, and the support of the Ultimate body Sculpting Challenge. Second, Don changed his diet and limited his caloric intake. Finally, he stuck to the plan. If he fell away from the plan, he immediately picked himself back up to where he needed to be. As you can see, the results speak for themselves!



Marianna B. - Lost 20% body weight and 27 cm

Marianna was first introduced to Sisel at the start of last year. As someone who routinely struggled with weight loss, she was well accustomed to all of the products and claims on the market. After deciding to give Sisel a try, she can now say with a certainty that Sisel products have a much higher dimension in their effectiveness in changing your diet. Marianna would drink a SiseLean shake 1-2 time daily, decrease her appetite with SisePOPs, and cut carbohydrate consumption. After 90 days, she has less joint pain and looks and feels great. Congratulations Marianna.



Anne Marie and Jim - Lost 24.5 lbs

This isn't their first time joining the Ultimate Body Sculpting Challenge. These UBSC veterans know what it takes to make a change for the better. Jim and Anne Marie continue to see great improvement in their lives, both with their Sisel business and the support they receive from Sisel products. From where they started over a year, the results are simply spectacular with hundreds of pounds in weight loss!



Gabor N. - Lost 10kg and 25 cm

In February of 2014, Gabor was introduced into the Sisel family. Realizing the risks associated with abdominal obesity, he turned towards Sisel's excellent line of weight loss products. He replaced one meal a day with SiseLean and after just 2-3 weeks noticed a huge change both physically and in his appetite. Feedback from friends and family confirmed that he was on the right path and further motivated him to stick to the plan. He feels lucky to have found Sisel and states that one of his best decisions was to open a tub of SiseLean. Great work Gabor!



If you would like further information please contact Marilyn at <http://marilynvine.mysisel.com> or siselopportunity@inet.net.au or to enrol [click here](#).

Ultimate Body Sculpting Challenge FAQs

Q: What is Your Ultimate Body Sculpting Challenge?

A: Your Ultimate Body Sculpting Challenge is a great way for you to set a 12-week goal for transforming your body. Perhaps you are like many people who have always intended to do something about managing your weight more diligently, but just haven't found the right program to motivate you. Or, maybe you work out, but have plateaued in your results and are looking for something to jump-start your efforts. If either of these sound like you, then Your Ultimate Body Sculpting Challenge is the answer you've been looking for!

Q: Can someone really transform their body in 12-weeks?

A: Definitely. There are a lot of changes that will take place in just 12-weeks, but the amount of change is really up to you. If you're just looking to change your eating habits and drop a few pounds, or if you're making a serious commitment to diet and exercise to slim and tone your body like never before—or, if your goals are somewhere in between—then Your Ultimate Body Sculpting Challenge has the products to help you achieve your goals, and the prizes to keep you motivated.

Q: There are a lot of supplements out there. Which ones should I take?

A: We've taken the guess work out of what supplements to take. We have created six different packs to support your weight management and goals. Our packs make it simple: pick a pack based on your goals.

Q: "Body Sculpting" sounds pretty intense. I'm just interested in modifying my diet to drop a few pounds. Is this challenge for me?

A: Yes! This challenge is for everybody. With our variety of packs, there is one to support your goals, no matter how modest or ambitious they are.

Q: What's the point of having packs? Can't I just buy the products I want separately?

A: You can certainly purchase your products separately. We created the packs to help you get our products at the most discounted prices available. Beyond exceptional discounts that you wouldn't get from purchasing products

individually, you also get the following advantages from the packs: (1) each pack is designed to meet a specific workout goal that you may have; (2) purchasing one of the six packs helps qualify you for prizes in the Challenge; and (3) you can save the money you normally would spend on eating out and groceries by replacing meals with our protein shake. In the end, who can really put a price on living a healthier lifestyle and treating your body right?

Q: Is there a weight loss support group I can access?

A: Yes. When you take part in Your Ultimate Body Sculpting Challenge, you become part of a community where you can share your success, trade tips and recipes, form goal groups, inspire each other, and know that someone is always there for you. And, you can qualify for prizes based on your success!