

# Fight Fat & Increase Your Energy Levels

## Don't let body fat shorten your lifespan!

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### Did you know...

As we age over time our body's ability to burn fat decreases. This leads to an accumulation of excess body fat, especially around the midsection and center of the body. Additionally, it becomes harder to lose this accumulated body fat because our body's energy levels also decrease. As fat levels increase, lean muscle tissue decreases. Besides an undesirable physical appearance, the overall effect of increased body fat is an unhealthier body that is less inclined to exercise and participate in an active lifestyle.

A build-up of excess body fat can lead to just some of the following health issues:

- Shorter lifespan
- High blood pressure
- Diabetes
- Depression
- Deep vein thrombosis
- Pulmonary embolism
- Low back pain
- Poor mobility

Did you also know that loss of muscle mass can begin as early as age 30 and continue throughout the course of one's life? By age 75, the percentage of muscle mass in the body is typically half of what it was during young adulthood. Furthermore, older people may need to exercise for up to two weeks in order to make up for the muscle mass lost during each day of bed rest.

Exercise and regular activity is crucial to fighting the build-up of accumulated body fat. Unfortunately, energy levels also begin to decrease with age leaving many people less inclined to get the exercise they need in order to maintain their health. Studies have shown that anyone who exercises regularly, including healthy adults and people suffering from chronic conditions, receive benefits because exercise increases energy levels and reduces fatigue. Prolonged and untreated fatigue can also lead to a myriad of health difficulties including mental and psychological disorders.

The downward spiraling health effect that occurs as a result of loss of energy and accumulation of body fat is both dangerous and life-threatening. The ability to maintain healthy levels of energy in the body in order to promote a fit and active lifestyle is important for sustaining not just a long life, but for sustaining the ability to live long and live well.

In the past, people have turned to caffeine, both in coffee and energy drinks, as well as other stimulant drugs to boost their energy levels. These are dangerous and typically ineffective ways to increase energy levels. Energy drinks do not provide you with lasting energy and are loaded with high levels of refined sugar. They provide a short burst of energy known as a "jolt" which is quickly followed by a "crash" just a few hours later. That can leave you feeling lethargic and drowsy all over again. Over consumption of energy drinks, including coffee can also lead to

hypertension, heart palpitations, irritability, anxiety, headaches and insomnia. When mixed with alcohol, they can leave your body dehydrated and at an increased risk for cardiovascular problems.

## **But wait! There is a way to naturally increase your body's energy production!**

There is a way to increase your energy levels, and keep them sustained, naturally – without the need for pharmaceutical drugs, stimulants or needles. Founded on the principle of breakthrough health and wellness technology, LifeWave has created a solution that works with your body to elevate energy production naturally while also balancing the flow of energy to produce sustained levels of energy throughout the body.

LifeWave's technology is grounded in science and backed by over 50 clinical studies. The technology utilized by LifeWave has been known to have a positive effect on the body.

In fact, one LifeWave study showed an increase in energy and strength endurance within minutes of use, and a 22.3% increase in fat-burning abilities. Other LifeWave studies show that this technology has been found to produce anti-aging effects by improving the body's total energetic conditions.

Clinical research conducted for LifeWave by Dr. Thomas Budzynski, licensed psychologist and Dr. Karl Maret, and Dr. Homer Nazeran, biomedical engineers, repeatedly found that its technology also produces the following effects:

- Increase in performance of strength, flexibility and endurance
- Balancing of the autonomic nervous system
- Increase in body energy
- Positive effect on metabolic reactions increasing energy, stamina and performance
- Increase in overall well-being

LifeWave's patches are all natural, and non-transdermal. Nothing enters the body, and drugs, stimulants or needles are not necessary to see immediate results. Energy Enhancer works to leave you feeling energized throughout the day, without the jolt and crash of energy drinks or stimulants.

## **What YOU can do to INCREASE your energy levels & FIGHT FAT!**

Unfortunately, many people are still relying on caffeinated beverages like coffee, or dangerous energy drinks and stimulants to gain energy. Fortunately, LifeWave offers a way to boost your energy and keep it at a sustain level, naturally.

[Click here](#) to start benefitting from increased energy levels and sustained endurance and stamina – today!

Contact your local LifeWave distributor to learn more about how you can get rapid, drug-free energy and improve your overall health.

Find out more details by visiting <http://lifewave.com/energyenhancer.asp>.

## Here's what people are saying about this product...

*"About 3 weeks ago, I had an operation. With the medications and their side-effects left me without energy. Then I realized I could use the energy patches [Energy Enhancer®] which I did and remarkably my energy levels went back to normal."*

- Bob Roger

LifeWave Distributor, Canada

*"I have known about LifeWave since October 2009. Since then I have begun to use the patches with optimal results on my energy and vitality levels and the recovery time in my training at the gym."*

- Frabrizio Carro

LifeWave Distributor, Italy

*"While using LifeWave patches I felt healthy, my energy levels were high and I felt an enhanced sense of awareness. I recommend LifeWave to any serious athlete looking for an edge in their particular sport."*

- Steven D. Langton

USA Olympic Bobsled Team 2010