

**NEW**

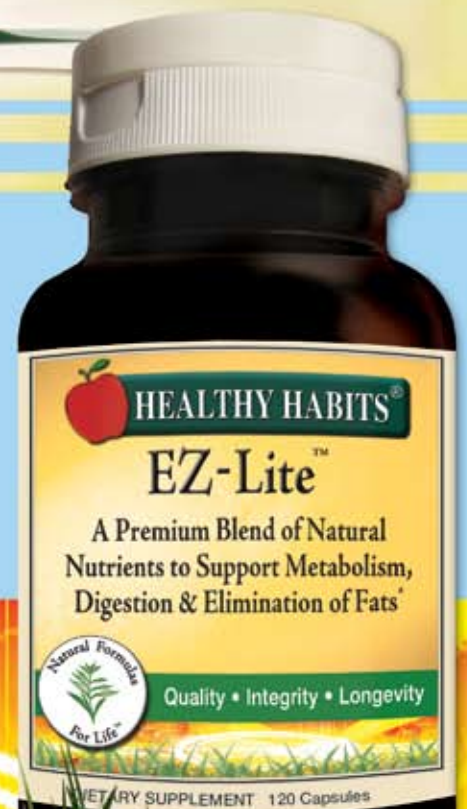
**It's Not  
What  
You Eat.  
IT'S WHAT  
YOU EAT  
WITH IT!**

**WEIGHT  
LOSS  
SECRET  
REVEALED!**



## **The Healthy Habits<sup>®</sup> EZ-Lite<sup>™</sup> Method**

**A WEIGHT-MANAGEMENT SYSTEM  
BASED ON 35 YEARS OF STUDY, RESEARCH  
& THOUSANDS OF TESTS.**



# There Are Many Ways To Lose Weight.

You have probably suffered through many of them. You may have achieved results only to regain the lost weight. I have often said, if any of them worked for everyone, there would be only one!

The Healthy Habits® EZ-Lite™ Method is different. It is a **revolutionary weight-loss system. You will soon be hearing about it everywhere.** When everyone who follows a method quickly loses weight, news travels fast!

This new method is the result of over 35 years of study, research, analysis and testing conducted by Dr. Gary A. Martin a specialist in human body chemistry testing. He discovered that there was only one way of losing weight that worked for everyone who followed the method. Since weight loss was not the focus of his research, this amazing information was left in the research files for many years. It is now available to the public.

Read this very carefully. I am going to describe how this method works and how it enables you to permanently lose weight. You will understand how it works even in difficult cases. **You will learn how to quickly shed 20-40-60-100 pounds.**

You will also see why this method may be the only method that can guarantee a loss of 2-4 pounds weekly **without strenuous exercise or taking drugs.** Add exercise to your regimen and you may be able to increase your loss rate. (This is amazing to some, but not to those of us who have worked with this method and have seen it work its magic.)

The key is to understand how your digestive tract functions and to supplement and eat in a way that mobilizes your body to **digest fat reserves without being on a “go-hungry” diet.**

## EZ-Lite™ Discovery #1

**Some people can eat whatever they want and never gain weight while others are always dieting and fighting for every pound lost. My research has uncovered the following:**

- **People who can eat anything without gaining fat have fast-oxidizer metabolisms that efficiently burn the calories they consume.**
- **People who easily gain weight and fat have slow-oxidizer metabolisms that inefficiently burn calories, therefore, people who are fat have a metabolism that burns few calories no matter how few are thrown at them.**

Think of a fireplace. A blazing hot fire will burn very efficiently leaving very little if any residue while a weak and smoldering fire will burn some materials and leave considerable debris and residue. When a slow-oxidizer person doesn't burn the calories, the remaining residue becomes fat. Fat is a storehouse for toxins. This is why many fat people become sick when they diet. The toxins pour out of the dissolving fat and poison the system. Regular body cleansing and purification is important for everyone.

EZ-Lite™



*“You will learn how to quickly shed 20-40-60-100 pounds.”*



**2 CALL TOLL FREE 800.604.6766**

†THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

When you go on a diet, your body gradually adapts by adjusting your metabolism to burn less calories and fat as the weeks go by. This is why you lose less weight per week as you progress on your diet. If you are used to eating 3000 calories daily and you lower your intake to 1500 calories to lose weight, your body will gradually adjust your metabolism down to the 1500-calorie level.

When you quit your diet and go back to eating 3000 calories daily, your metabolism has adjusted to the 1500-calorie level. You will have weeks of the calorie difference being converted into fat! Using this example, you will continue to regain weight until your metabolism is back at the 3000 calorie burn level.

Plus, it requires more time for your metabolism to regain its original calorie-burning level than it did to gradually reduce its calorie-burning level. This is why you end up weighing more weeks or months after your diet than you did in the beginning! Been there; done that?

## EZ-Lite™ Discovery #2

**It is possible to naturally enhance the calorie consumption process used by your body. The EZ-Lite™ Method details the protocol you need to follow which will allow your body to efficiently burn the calories no matter how much you eat. This is revolutionary!**

This is not a “low-calorie” diet. There is no strenuous exercise. There are no drugs. There is no “go hungry.” The main reason I hated dieting is because I have a fear of being hungry. I have very little will power. When I am hungry, I have even less will power! **I am able to control hunger cravings. That’s why this system works so well.**

The EZ-Lite™ Method will gradually increase the efficiency of your fat-burning metabolism. To lose weight, you must have an efficient calorie-burning fireplace. If you are overweight, it is likely that your metabolism has become inefficient. You are also likely giving it too much of the wrong kind of foods to burn.

## EZ-Lite™ Capsules

In addition to the EZ-Lite™ Method, you will receive the EZ-Lite™ capsules that contain **16 important natural ingredients to accelerate your ability to metabolize, digest, dissolve and eliminate fats.** The EZ-Lite™ capsules won’t work without the EZ-Lite™ Diet and the EZ-Lite™ Diet won’t work without the EZ-Lite™ capsules. Together, they make up the EZ-Lite™ Method. Simply take 2 EZ-Lite™ in the morning and 2 EZ-Lite™ at night and eat according to the EZ-Lite™ Method.

**You will begin losing weight the very first week.** You will lose weight consistently. The results are fast. You will see a difference in the mirror at the end of the first week. You will notice a difference in how your rings fit. You will see a difference in how your clothes fit.

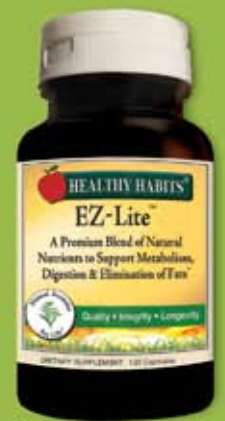
You can **expect to lose 5-7 pounds the first week and 2-4 pounds every week thereafter.** There rarely is the “plateau effect” where you do fine for several weeks only to find yourself on a plateau where you don’t seem to lose anything at all.

EZ-Lite™

*“Efficiently  
burn the  
calories no  
matter how  
much you  
eat.”*



*“Accelerate  
your ability to  
metabolize,  
digest,  
dissolve and  
eliminate  
fats.”*



EZ-Lite™



*“I guarantee that the EZ-Lite™ Method will enable you to permanently reach your healthy weight, quickly and easily...”*



## Are You A Professional Dieter?

- Have you tried several weight-loss systems?
- Have you tried low-calorie diets to no avail?
- Have you gained weight after childbirth?
- Do you think you have too much weight to lose?
- Read all the weight-loss books – nothing works?
- Been to all the weight-loss doctors and gurus?

I guarantee that the EZ-Lite™ Method will enable you to permanently reach your healthy weight, quickly and effortlessly regardless of how many diets you have tried and no matter how many times you have failed to reach your goal.

## Are There Restrictions?

The EZ-Lite™ Method is simple and it is natural. It requires no drugs, no glandular extracts, no appetite suppressants. It stimulates your metabolism so that you burn more calories than you eat. If it doesn't do that, it cannot work. The EZ-Lite™ capsules contain 16 natural ingredients that are designed to accelerate the elimination of excess fat.

## Hungry Is Not Allowed!

When you receive your EZ-Lite™ diet guide and capsules, you are encouraged to show them to your doctor, who should have no problem approving it for your use. There is no medication involved. Ever been around someone on a diet who is tired and irritable? I sure have! I can promise you that, if you are hungry on the EZ-Lite™ Method, it is simply because you are not eating enough. Eat more! “Hungry” is not allowed on the EZ-Lite™ Method.

This is not a low-calorie diet. There are several weight-loss programs. Some of them involve doctor visits, getting periodic shots of pregnancy hormones, vitamins and who-knows-what from your doctor that cost you hundreds of dollars. Some of them involve a restrictive 500-calorie daily diet? What is that? Are you kidding me? Did you know anyone who was crazy enough to fall for that bag of tricks? After reading this you now know how devastating a low-calorie diet can be.

The EZ-Lite™ Method supports your body so it can burn more calories than you eat. You will have lots of energy while you are losing weight. Sound like a dream come true? Yes, it does and yes, it is!

The EZ-Lite™ Method allows you to eat as much as you want simply because you will be burning more calories than you consume. You will be losing weight just like the people who can seemingly eat whatever they want and never gain weight. You will not be able to eat everything you want, but you will be able to eat as much as you want. Exercise is not necessary, but it will certainly accelerate your progress. Personally, I hate exercise, which is why the EZ-Lite™ Method has impressed me.

# Lose It – And, Keep It Off!

When you lose weight using the EZ-Lite™ Method, you can expect to lose it forever. **Your weight-loss should be permanent.** Achieve your ideal weight and maintain it for the rest of your life. Isn't that a dream worth achieving? Why hasn't it happened for you before?

**Most weight-loss plans are based on self-denial, low-calorie, restriction-based, low fat, high protein or other restrictions destined to fail over the long-term.** When doing these kinds of diets, you lower your caloric intake and your body slowly adjusts to burning less calories. You can't change it; it just happens. It is the design of your body.

**Once you stop dieting and begin eating normally, your body continues to metabolize at the low-calorie level** so, during the time that the body is re-adjusting to the higher calories, the excess calories you are eating end up as excess fat on your hips, thighs, abdomen, breasts and shoulders. It takes longer for your body to re-adjust to the high-calorie level than it did for it to adjust to the low-calorie level. This causes you to re-gain more weight than when you started. This all happens over a long period of time, but, one day, you look in the mirror and wonder how you got so fat! That is perhaps where you are at now and why you are still reading this letter. I know. I understand. I was once where you are now.

## Is It Time To Change Your Life?

It is time for a new you! It is time for a new look, a more attractive figure, new-found energy and excitement about life! Reaching your ideal weight and maintaining it does incredible things for your outlook on life and your ability to proceed toward your life goals.

- Wear the clothes you have always wanted to wear (or used to wear!).
- Notice the approving glances from others.
- Wear that favorite bathing suit.
- End the constant weight fluctuations.
- Appear younger, healthier, in great shape and full of energy!

## What Is Your Acceptable Weight?

Below is a guide to determine ideal body weights for medium framed individuals. Being overweight can lead to high blood pressure, high cholesterol, arthritis, diabetes etc.

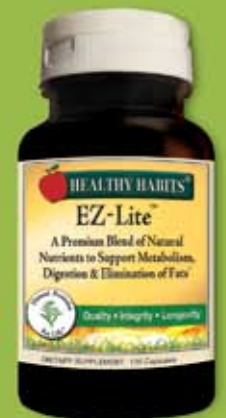
| Height | Female  | Height | Male    |
|--------|---------|--------|---------|
| 4'10"  | 109-121 | 5'2"   | 131-141 |
| 4'11"  | 111-123 | 5'3"   | 133-143 |
| 5'0"   | 113-126 | 5'4"   | 135-145 |
| 5'1"   | 115-129 | 5'5"   | 137-148 |
| 5'2"   | 118-132 | 5'6"   | 139-151 |
| 5'3"   | 121-135 | 5'7"   | 142-154 |
| 5'4"   | 124-138 | 5'8"   | 145-157 |
| 5'5"   | 127-141 | 5'9"   | 148-160 |
| 5'6"   | 130-144 | 5'10"  | 151-163 |
| 5'7"   | 133-147 | 5'11"  | 154-166 |
| 5'8"   | 136-150 | 6'0"   | 157-170 |
| 5'9"   | 139-153 | 6'1"   | 160-174 |
| 5'10"  | 142-156 | 6'2"   | 164-178 |
| 5'11"  | 145-159 | 6'3"   | 167-182 |
| 6'0"   | 148-162 | 6'4"   | 171-187 |

EZ-Lite™

*"Achieve your ideal weight and maintain it for the rest of your life!"*



*"It is time for a new look, a more attractive figure, new-found energy and excitement about life!"*



EZ-Lite™



## Our Guarantee

If you follow the EZ-Lite™ Method for 90 days and are not happy with your weight loss, we will refund your purchase price. As evidence of compliance, you must return all used and unused bottles, materials and your completed Food Diary that is included with the EZ-Lite™ Method.



## Are You Skeptical?

If you have read this far, you are in one of the following groups:

1. You want to lose weight. You have previously tried to lose weight. You failed. Why would this time be any different? You like what you read, but you are skeptical. You don't know why you are skeptical. You see the money-back guarantee but something is holding you back. Perhaps it is the money? Isn't achieving your ideal weight worth less than a \$1 per day? Besides, if it doesn't work, or better put, if you don't work the EZ-Lite™ Method, you can return all empty/unused containers and materials for your money-back. A few months from now you could be touting your new look, or you can give in to your skepticism and be in the same shape 6 months from now.
2. You are ready to make the commitment. You have decided that this is the time that you commit to becoming the new you. You are willing to make the investment. You are willing to limit your food choices to achieve your goal. You look forward to getting your personal copy of The EZ-Lite™ Method and starting to take the EZ-Lite™ formula. You look forward to seeing the scale drop by 2-5 pounds every week. You expect to fully enjoy your new look and your new life that comes along with it.

Whichever group you are in, we look forward to having you as one of our satisfied clients who apply The EZ-Lite™ Method to their daily lives and love how they look and feel. We have spent years testing this program and others like it and are fully convinced that this is the one that will work. Please share your before/after photos with us. Take several photos of yourself before and at least monthly throughout your journey to your ideal weight.

*“I guarantee that the EZ-Lite™ Method will enable you to permanently reach your desired weight, quickly and easily...”*



### About Us:

“Healthy Habits® is a family-owned company. We oversee the manufacturing of our products right here in the USA. We have been formulating exceptional products since 1976. The reason why our formulas produce results is because I operated a Wellness Clinic for almost 20 years. Our concern was to find products that WORKED. When we found that many products produced little or no clinical change, we started making our own formulas. Our products became so popular that we eventually closed the clinic and took these effective products direct to YOU, the consumer.”



*Gary A. Martin, DSc, PhD*  
Research Director



# EZ-Lite™



## What Does It Cost?

If the EZ-Lite™ Method were available at your doctor's office, you could expect to pay \$5000 for this service, especially if you travel to a specialized European clinic to be educated on this remarkable program. Some clinics catering to movie stars charge in excess of \$10,000 for programs of this nature.

Healthy Habits® wants everyone to be able to take advantage of this health-promoting weight-management system. Your cost simply depends upon how much weight you desire to lose. The EZ-Lite™ Method is ready to go to work for you, creating that new you that you know is inside just waiting to get out.

This means that for less than a \$1 per day you can KNOW that you are finally on the path to your desired weight in a manner that doesn't allow "hungry" and that won't throw your metabolism into a rebound effect when you finally reach your goal.

**4EZ WAYS to ORDER**

**1 800-604-6766**

**2 Mail this form to:**  
P.O. Box 12069  
Scottsdale AZ 85267-2069

**3 Fax your order:** 530-463-8744  
24 hours daily

**4 Order securely online:** [www.HealthyHabitsWeb.com](http://www.HealthyHabitsWeb.com)

### ACT NOW! MAKE YOUR SELECTION BELOW!

**ULTRA** – 5 months (LOSE 55+ lbs)  
Method + 5 bottles EZ-Lite™  
**\$119.95 + FREE SHIPPING!**

**INTENSE** – 4 months (LOSE 40-55 lbs)  
Method + 4 bottles EZ-Lite™  
**\$107.95 + FREE SHIPPING!**

**SERIOUS** – 3 months (LOSE 25-40 lbs)  
Method + 3 bottles EZ-Lite™ **\$93.95**

**Standard** – 2 months (LOSE 10-25 lbs)  
Method + 2 bottles EZ-Lite™ **\$74.95**

**Trial** – 1 month (LOSE 1-10 lbs)  
Method + 1 bottle EZ-Lite™ **\$59.95**

In AZ add 8.95% sales tax

**FREE SHIPPING FOR ULTRA AND INTENSE!**         \$6.95        

Total Enclosed                                 

|         |       |      |   |  |  |
|---------|-------|------|---|--|--|
| Name    |       |      | Phone (    )    -                               |  |  |
| Address |       | Apt# | Email<br>(Order confirmation)                   |  |  |
| City    | State | Zip  | Birthday    /    /<br>(Happy birthday specials) |  |  |

### Pay by check, Credit Card or Money Order.



**Make CHECKS or MONEY ORDERS payable to Healthy Habits®.**

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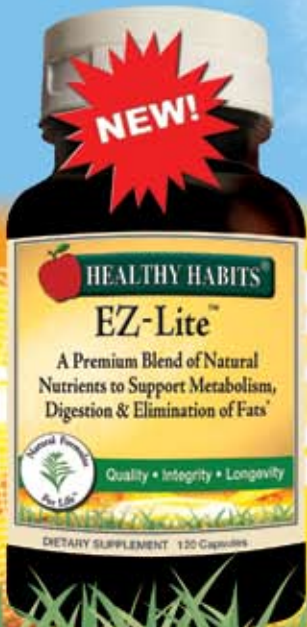
**NEW**

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- Read all the weight-loss books – nothing works?
- Been to all the weight-loss doctors and gurus?

## The EZ-Lite™ Method

**NO DRUGS!  
NO HORMONES!  
NO GOING HUNGRY!**



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Scottsdale, AZ 85267-2069

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**ARE YOU  
READY TO LOSE WEIGHT?**

*“I guarantee that the  
EZ-Lite™ Method  
will enable you  
to permanently  
reach your desired  
weight, quickly and  
easily...or your money  
back!”*

