

YOUR GUIDE TO

Energy

A simple guide to help you manage your energy so
you can enjoy life at your best.





Index

What is fatigue?	3	Foods to avoid	10
Why am I so tired?	4	Tips to make food preparation and cooking easier.....	11
How can my Practitioner help?.....	4	Exercising for energy.....	12
Natural Medicine to support energy production and reduce fatigue	4	Example exercise plan to restore energy.....	13
What are some of the underlying causes of fatigue?	6	Sleep	14
Healthy eating to fight fatigue.....	8	Lifestyle tips for maximising your energy	15
The wellness lifestyle pyramid.....	8	Your Personal Energy Tracker	16
Foods to include.....	9	Example: Using your Personal Energy Tracker	17

Fatigue makes everything we do seem more difficult and can rob us of enjoyment, enthusiasm and our quality of life. By working with your Practitioner to identify and address the factors that contribute to fatigue, you will regain your enthusiasm and energy levels, helping you to get the most out of life.

What is fatigue?

Fatigue describes the physical and/or mental state of being tired – literally lacking energy. While physical and mental fatigue are different, it is not uncommon to experience them together.

Many people are aware that when you are fatigued you struggle to function properly. In the same way, if your cells lack energy, they are not able to perform their functions properly. The contraction of your heart muscles to pump blood, the movement of food through your digestive system and the ability of your immune system to fight off infections, are just some of the examples of everyday essential processes within your body that depend on sufficient cellular energy production.

For this reason, fatigue can contribute to many common symptoms including mood disturbances, brain fog, muscle aches and pains, as well as reducing your stamina and endurance. However, while fatigue can contribute to the above symptoms, it may also occur as a consequence, resulting in a self-perpetuating cycle.



Why am I so tired?

Fatigue can be caused by many factors, which can range from nutritional deficiencies and poor quality sleep, through to deeper issues associated with chronic stress, or impairments within your cellular 'powerhouses' known as mitochondria. It is your mitochondria that are responsible for producing energy within your cells in the form of adenosine triphosphate (ATP).

By examining your health history in detail and utilising pathology if required, your Practitioner can help you to uncover and address the underlying causes of your fatigue.

How can my Practitioner help?

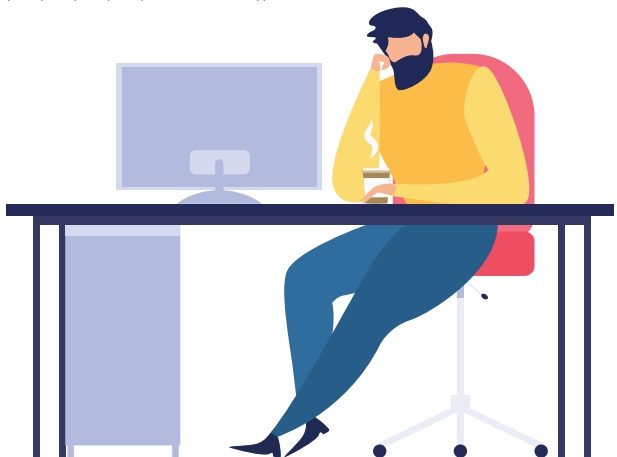
Your Practitioner can help you in the following areas:

1. Provide you with the core nutrients required to support cellular energy production;
2. Identify and address any underlying causes of fatigue;
3. Provide dietary and lifestyle guidance to help restore and maximise your energy levels; and
4. Help you to implement strategies to use your energy efficiently and stay motivated.

Natural Medicine to support energy production and reduce fatigue

Your Practitioner may recommend natural supplements to help restore your energy levels. This can help to counter the effects of inadequate dietary intakes and increased nutritional demand, as a consequence of our busy lives.

When it comes to nutrition, your body needs the right fuel to run at its best. This fuel comes in the form of good quality carbohydrates, proteins and healthy fats. An adequate and balanced intake of these macronutrients is essential to maintain optimal energy levels. Beyond this, a number of other micronutrients are also required to help your body create energy, such as B vitamins (including vitamin B1, B2, B3, B5, B6, B9 and B12), magnesium and coenzyme Q10. Deficiencies of these nutrients can lead to a reduction in cellular energy production (ATP) and ultimately, fatigue. Other nutrient deficiencies that can commonly contribute to physical or mental fatigue can include: iodine, iron, omega-3 essential fatty acids, choline, selenium, vitamin C, vitamin D and zinc.



After completing your clinical assessment, your Practitioner may recommend specific management strategies or suggest further exploration of underlying causes of fatigue, including: stress, poor sleep, dehydration, disturbances in blood sugar control, hormone imbalances, immune dysfunction, mood disturbances, oxidative stress, inflammation and toxicity.

In addition, your Practitioner may recommend additional programs to help address the specific causes underlying your experience of fatigue. These may include:



Allergy and Reactivity Management Program - To assist in the management of food sensitivities and allergic symptoms, which can worsen fatigue.



Clinical Detoxification Program - To address underlying toxicity due to environmental causes or gastrointestinal dysbiosis.



Stress Less Program - Helping you manage the effects of stress on health.



Shake It Weight Management Program - Supporting weight loss for healthy metabolic function and cellular health.



What are some of the underlying causes of fatigue?

Stress

Stress is a daily reality for most of us. Deadlines for work, family and social responsibilities can leave us feeling constantly 'wired'. Our body responds to these ongoing demands by releasing stress chemicals such as adrenaline and cortisol, which are responsible for the 'fight or flight' stress response. For some people, ongoing stress can eventually disrupt their normal stress response.



Poor Sleep

The importance of consistent, good quality sleep cannot be overstated. Getting less than the recommended eight hours per night is associated with reduced concentration, memory and work performance, as well as contributing to mood disturbances.



Dehydration

Dehydration is an extremely common, but often overlooked, cause of fatigue. Dehydration impairs your body's ability to regulate its temperature and deliver nutrients and oxygen to your cells. Even mild dehydration can impair your mental and physical performance.



Blood Sugar Disturbances

Your body requires the hormone, insulin, to transport glucose from your blood into your cells, where it is used to create energy. Under certain conditions (e.g. infrequent meals or eating a diet high in sugary, refined foods), your cells can become resistant to insulin, and glucose cannot enter your cells efficiently. A key sign of this is a noticeable slump in energy that hits in the mid-afternoon.



Hormonal Imbalances

Thyroid hormone, testosterone and adrenal hormone, dehydroepiandrosterone (DHEA-s) can all influence energy production. Imbalances within the production of these hormones can manifest in different ways. For example, low thyroid hormone can cause weight gain, hair loss, menstrual irregularity and low energy, whilst hormonal changes, which occur with ageing (i.e. menopause and andropause) are also associated with fatigue.



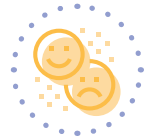
Immune Dysfunction

Poor immune function increases your risk of infections and is directly linked with fatigue. Allergy, another type of immune dysfunction, involves inappropriate activation of the immune system. Your body attempts to control infections and allergy through the process of inflammation, which, over prolonged periods, can negatively affect cellular energy production.



Mood Disturbances

Our state of health directly influences our mental wellbeing, and feeling fatigued can cause us to feel more sensitive, irritated, or unmotivated. Conversely, these feelings can influence how energetic we feel when it comes to facing daily challenges, which contributes to our experience of mental and physical fatigue.



Oxidative Stress

Mitochondria are our 'power generators'. Found within each cell, they are responsible for creating energy from the nutrients we consume through the diet. However, poor diet or lifestyle habits can create free radicals, which can damage the structure of mitochondria and limit their ability to produce energy.



Inflammation

Inflammation can be caused by poor diet, being overweight, infections, allergies, and exposure to environmental toxins (e.g. pesticides). Left unmanaged, prolonged bouts of inflammation can cause changes in mood and/or physical function, negatively influencing energy levels and overall wellbeing. Sometimes inflammation can be self-perpetuating, and lead to a multi-system, multi-symptom state of poor health, resulting in very severe fatigue.



Toxic Burden

Whether from personal care, cleaning products, pesticides or heavy metals, exposure to toxins is ubiquitous in industrialised societies. Microbe imbalances in our gut can be another source of toxin exposure. This can cause an increase in inflammation and oxidative stress.



Healthy eating to fight fatigue

The food you consume fuels your body, therefore providing your body with premium fuel allows it to function at its best. An optimal diet provides the right amount of macronutrients (protein, carbohydrates and fats), as well as vitamins and minerals to promote optimal energy levels, while limiting foods that may interfere with energy production. A healthy diet can also reduce inflammation and oxidative stress, giving you the best chance of achieving good physical and mental health. Your Practitioner can help tailor a nutritious dietary plan to meet your lifestyle and health needs to provide the nutrients you require for increased energy production.

The wellness lifestyle pyramid



Foods to include

Certain foods are of particular benefit for good health and energy production. Your Practitioner may recommend you eat more foods that are high in:

Protein

Consuming high quality protein at each meal helps regulate blood glucose levels, providing you with a steady source of energy throughout the day. Protein can be obtained from both animal sources, such as dairy, seafood, eggs and meats, and vegetable sources such as beans and legumes.

Essential Fatty Acids

Omega-3 essential fatty acids are an important structural and functional component of every cell and are therefore essential for optimal energy production. Sources of omega-3 fatty acids include small oily fish (e.g. sardines, anchovies and mackerel), as well as flaxseeds and walnuts.

Magnesium

Magnesium is an essential mineral that is used in over 300 biochemical processes within your body and is essential to turn proteins, fats and carbohydrates into energy. Sources of magnesium include Brazil nuts, cashews, almonds, sunflower seeds, sesame seeds, tahini, barley, dried figs, wheat bran, oats and green leafy vegetables.

B Vitamins

B vitamins are a group of nutrients that act together to support energy production, healthy nervous system function and optimal brain function. Eat from a variety of the following to increase your B vitamin intake: chicken, lamb, beef, wheat germ, nutritional yeast, rice bran, almonds, pecans, green leafy vegetables, bananas, seafood, and eggs.

Iron

As an essential component of red blood cells, iron helps transport oxygen around the body to your cells. Without sufficient iron due to low intake, poor absorption or iron losses due to menstruation and blood loss, your cells may not get enough oxygen for energy production. Iron from animal sources (such as beef, kangaroo and chicken) is absorbed more efficiently than that from plant sources (legumes, nuts, seeds, spinach). Adding foods rich in vitamin C can improve the absorption of iron from plant sources.

Phytochemicals

Found in colourful fruits and vegetables, phytochemicals (such as polyphenols and bioflavonoids) help protect against oxidative stress, therefore, can protect mitochondria from structural damage. Eat a 'rainbow' of fruit and vegetables every day, such as beetroot, carrot, berries, oranges, rainbow chard and kiwifruit, to ensure you are consuming sufficient phytochemicals for health.

Foods to avoid

Equally as important as the foods to include in your diet are the foods your Practitioner may recommend you limit or avoid. These are usually foods that can lead to energy fluctuations, or promote free radical damage. These foods include:

- Highly processed foods with artificial colours, flavours, or preservatives;
- Hydrogenated or 'trans' fats;
- Foods that are high in refined sugars;
- Excessive caffeine or alcohol; and/or
- Foods that have been identified as causing a hypersensitive reaction.

Balance energy needs

All cells require a steady stream of energy to work properly. Each of these meals should consist of a small amount of good quality protein, along with an unrefined carbohydrate source such as fresh vegetables or wholegrains.

Eating just before bed can interrupt sleep and contribute to fatigue. Similarly, skipping breakfast may not be the best way to support energy, especially if you already have poor blood sugar regulation.





Tips to make food preparation and cooking easier

The foods you choose to fuel yourself with are one of the most impactful things you can do to improve your energy levels. Consider the following tips to help you get started:

- Make a meal plan for the week and buy all of your ingredients on one dedicated shopping day. This gives you more time to prepare meals at home.
- If you buy large packs of meat, freeze it into cooking portions. This makes it easier to defrost and gives you ready-made portions to cook.
- Slow cookers are your best friend in the kitchen! Add vegetables, stock and your favourite meat or legumes and you can create meals for days.
- Simplify recipes. You don't have to cook restaurant-style meals every night.
- Only cook complex recipes if you enjoy cooking, otherwise choose meals that take less than 30 minutes from start to finish.
- Cook meals that only require minimal ingredients and fewer dishes to clean afterwards (e.g. one pan/pot meals).
- When cooking, make a double batch so it can be used for other meals or lunches the next day. Pack lunch and freezer portions after you finish eating dinner.

Exercising for energy

Engaging in regular physical activity is important for maintaining healthy cellular energy production and boosting your vitality. Start with gentle exercises such as walking, Tai Chi or yoga; working within your own capacity until your energy levels improve. Allow yourself time to build your energy levels before embarking on a more vigorous exercise program.

Morning exercise is often preferable as you will be more likely to have the required energy after you have rested. It may also be of additional benefit in boosting energy and mood for the day ahead. Later on, with the guidance of your Practitioner, you may wish to incorporate some form of resistance exercise or high intensity interval training (HIIT). These forms of training have been shown to be of great benefit in helping to maintain healthy body composition and improve cellular energy production.



Example exercise plan to restore energy

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Frequency	2 times/week	2 times/week	2 times/week	2-3 times/week	3 times/week	4 times/week
Intensity	Light	Light	Light - Moderate	Light - Moderate	Moderate	Moderate - High
Warm up by stretching and with multi-joint movement (e.g. walking, swimming or cycling).	5 minutes	5-10 minutes	10 minutes	10 minutes	10 minutes	10 minutes
Aerobic exercise (e.g. jogging, boxing, swimming or cycling).	5 minutes (non-weight bearing)	5-10 minutes (non-weight bearing)	10-15 minutes (non-weight bearing)	10-15 minutes (non-weight bearing)	15 minutes (non-weight bearing)	20-30 minutes (non-weight bearing)
Muscle strengthening exercises (e.g. squats, pushups, pull-ups, planking and weight lifting exercises).	10 minutes	10 - 15 minutes	15 - 20 minutes	15 - 20 minutes	20 minutes	20 - 30 minutes
Warm down exercises including stretches, (e.g. calves, thighs, glutes, back and arms).	5 minutes	5 - 10 minutes	10 minutes	10 minutes	10 minutes	10 minutes

Sleep

Though some people sleep consistently well, others have erratic sleeping patterns. No matter where you fit on the sleep scale, it is important to consider not only the quantity, but also the quality of your sleep. Sleep affects how you think, react, work, learn, interact with others, heal and restore your energy levels!

To help optimise your sleep

Schedule your sleep: Plan for 7 to 8 hours sleep. Aim to go to sleep and wake up at the same time each day as this will help 'train' your biological clock.

Develop a bedtime ritual: It is important to give your body cues that it is time to unwind and sleep. Listen to relaxing music, read something soothing for 15 minutes, have a cup of caffeine-free tea and/or do some relaxation exercises. Avoid alcohol and eating within three hours of bedtime and aim to get into bed before 10:30 pm for a restful sleep.

Reduce evening 'screen' time: Light from electronic screens (including TVs, phones, tablets and computers) can disrupt your body's natural sleep rhythm and reduce your quality of sleep. Turn off electronic devices 1 to 2 hours prior to bedtime as part of a healthy sleep routine.

Ensure your bedroom is a sleep-promoting environment: Reduce light, noise and extremes of temperature, and make sure that your bedhead is not on the other side of a power board or an active electricity-emitting device (such as a refrigerator). If you work night shift and sleep during the day, try to maintain a dark sleeping environment by installing 'blackout' curtains or blinds, or wear a slumber mask. If noise is an issue, try using silicone ear plugs.

Use sunlight to set your biological clock: Spending 30 minutes outside in the sun first thing in the morning can help to regulate your biological clock (known as the circadian rhythm) and to improve your mood.

Don't go to bed unless or until you are feeling sleepy: If you go to bed too alert, you may have difficulty getting to sleep. This can result in feelings of irritation and frustration, making it even harder to fall asleep.

Do not stay in bed if you are awake: If you can't fall asleep within 15 to 20 minutes, get up, go to another room and do something non-stimulating or boring until you feel sleepy. Avoid bright light (your phone included), as it reduces the chemical in your brain, called melatonin, that helps you to sleep.

Don't take naps during the day: This can reduce your sleepiness in the evening, resulting in poorer quality sleep during the night. If you just can't make it through the day without a nap, sleep less than one hour and make sure you are awake again by 3.00 pm.

Note: Record your sleep in your Personal Energy Tracker (located from page 17 of this booklet) so that you can monitor your progress and alert your Practitioner if you require additional support in this area.



Lifestyle tips for maximising your energy

Find your purpose and motivation: Energy levels can be subjective, affected by your outlook and enthusiasm for life (or lack thereof), as even the simplest tasks can require effort when you are feeling down. Take some time to review what is truly important to you and think about what it is that will keep you motivated. Write your goals in a journal or somewhere in your house where you will see them regularly. Review them regularly to make sure they are still relevant and motivating to you.

Throw in some fun: Punctuating your daily life with enjoyable events to look forward to can help ease mental fatigue caused by the pressure of ongoing responsibilities. Schedule in regular time for hobbies, socialising or entertainment to help break up daily routine.

Get into nature: Spending time in nature can simply mean taking time to water your plants, gardening, or taking a walk in a green environment before or after work, or on your lunch break. Choose an activity in nature, to do every day to help reinvigorate you.

Practice breathing deeply: Deep breathing exercises have been shown to be very beneficial in helping to control stress and boost energy levels. Just two to five minutes daily, three or four times per week is all that is required to gain these benefits.

Stay hydrated: Even a small loss of body water can impair your mental and physical performance and cause you to feel fatigued. Aim to consume a minimum of six to eight glasses of water every day. If you are doing a lot of physical activity, or working in hot conditions, this may need to be increased.

Avoid stimulants: It can be tempting to turn to quick 'pick me ups' such as coffee, energy drinks or chocolate to boost your energy levels. While these may help you feel better in the short-term, they are often followed by a 'crash' and over time can contribute to your ongoing fatigue.

Slow and steady wins the race: Depending on the cause and duration of your fatigue, it may take a while to restore your energy levels. However, many people begin to feel an increase in energy shortly after treatment. Although this is a positive sign, it can lead people to think (falsely) that they have recovered, at which point they begin to exert themselves more, resulting in more fatigue. As tempting as it may be to use your new found energy to be 'more productive', it is important to pace yourself and to allow your energy production systems to fully recover, before increasing your output.

Your Personal Energy Tracker

Tracking your energy levels and other specific symptoms when you are experiencing fatigue helps you identify the relationship between your daily habits and your energy levels. This offers you the opportunity to gain new perspectives on your routines as well as explore how best to change this to your advantage.

Your Personal Energy Tracker can also be used to create a regular series of positive habits and/or objectives that are personal to you and which you would like to achieve each week.

Using your Personal Energy Tracker

1. Track your energy levels: Your Personal Energy Tracker has a battery icon system to help you track your mental and physical energy levels. There are four sections on each battery reflecting the level of charge (energy) remaining. Shade in the appropriate number of sections to represent how much energy you have left at the end of each day. There is also a section to rate how taxing each day has been for you, with 1 being relaxing and stress free, and 10 being highly active and/or stressful.

2. Track other related symptoms: Your Practitioner may ask you to keep track of other specific symptoms related to your situation, e.g. muscle pain, irritability, poor memory, insomnia. Rate the intensity of each symptom out of 10 daily, with 1 being mild and 10 being severe. There is also a comments section where you can note any unusual occurrences or notable slumps in energy.

3. Track your habits and objectives: With the help of your Practitioner, decide on the habits or objectives you most need to focus on. Write down your habit/goal for each week in the space provided. Then, tick off all the habits and objectives you have achieved each day so that you can see the progress you have made throughout the week.



Example: Using your Personal Energy Tracker

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mental Energy							
How tiring was your day mentally?	6/10	5/10	9/10	9/10	8/10	5/10	2/10
Physical Energy							
How tiring was your day physically?	2/10	2/10	3/10	5/10	5/10	7/10	8/10
How many hours sleep did you get last night?	7.5	5.5	6	8	6	5	7
Symptom 1 Muscle pain.....	7/10	7/10	7/10	8/10	9/10	7/10	6/10
Symptom 2 Brain fog.....	6/10	6/10	6/10	7/10	8/10	8/10	5/10
Comments	High stress at work this week. Difficulty sleeping Wednesday and Thursday night.						
Dietary goals Avoid sugar, reduce coffee to 1 per day	✓	✓	✗	✓	✓	✗	✗
Movement goals Resistance exercise 3 times weekly	✓	✗	✓	✗	✓	✗	✗
Other goals Breathing exercises 5 mins daily	✓	✓	✓	✓	✓	✓	✓
Supplements	✓	✓	✓	✓	✓	✓	✓
Comments	Ate a lot of sugary food on Wednesday. 2 coffees on Friday.						

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mental Energy							
How tiring was your day mentally?	/10	/10	/10	/10	/10	/10	/10
Physical Energy							
How tiring was your day physically?	/10	/10	/10	/10	/10	/10	/10
How many hours sleep did you get last night?							
Symptom 1	/10	/10	/10	/10	/10	/10	/10
Symptom 2	/10	/10	/10	/10	/10	/10	/10
Comments							
Dietary goals Avoid sugar, reduce coffee to 1 per day							
Movement goals Resistance exercise 3 times weekly							
Other goals Breathing exercises 5 mins daily							
Supplements							
Comments							

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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How tiring was your day mentally?	/10	/10	/10	/10	/10	/10	/10
Physical Energy							
How tiring was your day physically?	/10	/10	/10	/10	/10	/10	/10
How many hours sleep did you get last night?							
Symptom 1	/10	/10	/10	/10	/10	/10	/10
Symptom 2	/10	/10	/10	/10	/10	/10	/10
Comments							
Dietary goals Avoid sugar, reduce coffee to 1 per day							
Movement goals Resistance exercise 3 times weekly							
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Supplements							
Comments							

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How tiring was your day physically?	/10	/10	/10	/10	/10	/10	/10
How many hours sleep did you get last night?							
Symptom 1	/10	/10	/10	/10	/10	/10	/10
Symptom 2	/10	/10	/10	/10	/10	/10	/10
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Dietary goals Avoid sugar, reduce coffee to 1 per day							
Movement goals Resistance exercise 3 times weekly							
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Supplements							
Comments							

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Physical Energy							
How tiring was your day physically?	/10	/10	/10	/10	/10	/10	/10
How many hours sleep did you get last night?							
Symptom 1	/10	/10	/10	/10	/10	/10	/10
Symptom 2	/10	/10	/10	/10	/10	/10	/10
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How tiring was your day mentally?	/10	/10	/10	/10	/10	/10	/10
Physical Energy							
How tiring was your day physically?	/10	/10	/10	/10	/10	/10	/10
How many hours sleep did you get last night?							
Symptom 1	/10	/10	/10	/10	/10	/10	/10
Symptom 2	/10	/10	/10	/10	/10	/10	/10
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How tiring was your day mentally?	/10	/10	/10	/10	/10	/10	/10
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How tiring was your day physically?	/10	/10	/10	/10	/10	/10	/10
How many hours sleep did you get last night?							
Symptom 1	/10	/10	/10	/10	/10	/10	/10
Symptom 2	/10	/10	/10	/10	/10	/10	/10
Comments							
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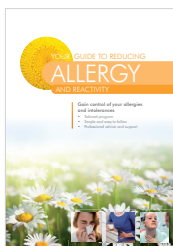


Stress Less Program

To help reduce the effects of stress in your life, ask about the Metagenics Stress Less Program. The Stress Less Program, combined with qualified advice from your Practitioner, helps to support a healthy stress response and improve energy levels.

Clinical Detoxification Program

An individualised Clinical Detoxification Program reduces the burden of toxins on your body which may help improve energy levels. Talk to your Practitioner today about whether a Clinical Detoxification Program can help you achieve your health goals.

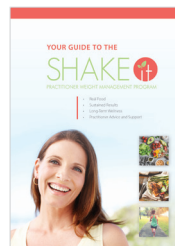


Reducing Allergy and Reactivity Reduction Program

The Allergy and Reactivity Reduction Program combined with qualified advice from your Practitioner will help to address symptoms, underlying contributing factors and reduce ongoing reactivity. This approach can help you gain control of your allergies and reactivity to improve overall cellular energy production.

Shake It Practitioner Weight Management Program

The Shake It Practitioner Weight Management Program is one of the most effective weight management programs available. Ask your Practitioner for more information or visit shake-it.com.au or shake-it.co.nz.



Your Practitioner Contact Details:

