



Premium Corporate and Individual Wellness & Leadership Solutions. Nutritional supplements and Aromatherapy oils

Dear Valued Client

We wish all our clients a Healthy and Prosperous 2012!

We trust that you had a wonderfully relaxing holiday which by now is possibly only a vague, fond memory. Some of you may have started the year with positive new years' resolutions and others may have taken a more relaxed approach and will roll with the punches. Whichever route you may have chosen, at Zendegis we wish you a healthy year. In so doing, we need to make sure that we take a holistic approach to our wellbeing, including exercise, healthy eating, Zendegis supplements, laughter, love and relaxation. All these aspects contribute to an energised and happy you.

For those of you who wish to drop the few extra kilos gained over the festive season, why not try the Zendegis approach to long-term effective weight management and focus on 5 aspects:

1. **Emotional wellbeing** - understand why you eat and accept and love yourself first of all, the rest will flow naturally; Some of you may have realised that you indulged in a bit of "comfort" eating over Christmas, probably to counter the stresses of 2011 Now you feel the pressure to return to a more healthy routine.
2. **Healthy eating** – as far as possible keep it fresh, natural and varied; You can start the year by just cutting out the extra eating you might have indulged in during the festive season, for example eating too late at night and of course nibbling...
3. **Scientifically formulated supplementation** – to assist your body in its natural processes to stay healthy; By drinking the Zendegis Anti-Ageing and Lean Body supplements together you ensure that you get all the vital nutrients that your body needs and thereby you also control those "cravings".
4. **Regular exercise** – do some activity you enjoy (walking the dog, going to gym, playing a game of tennis, swimming); Start the year by doing something more than what you did before – this gently burns those unwanted kilos.
5. **Relaxation** – the key to a healthier you is regular relaxation. Do yoga, it is a wonderful science and art that helps you to get in touch with yourself. Take regular stress-free breaks. It has been proven than a stressful lifestyle often results in weight gain.

Here are a few reasons why you should be taking the Zendegis Lean Body Supplement to kick start your year.

The Zendegis Premium Lean Body supplement is a natural anti-inflammatory which helps to:

- Reduce weight naturally (Conjugated Linoleic Acid , Alpha Lipoic Acid)
- Stimulate the metabolism (L-Arginine and L-Tyrosine)
- Stop fat deposition (Conjugated Linoleic Acid)
- Alleviate cravings (L-Arginine, L- Tyrosine and L-Glutamine)
- Speed up fat elimination (Alpha Lipoic Acid)
- Reduce water-retention (L-Arginine, L-Tyrosine and L-Phenylalanine)
- Boost the immune system (Glutamine, Vitamin C & Vitamin E, Zinc and Selenium).
- Is an Anti-oxidant (L-Arginine, Alpha Lipoic Acid, Vitamin C & Vitamin E)

Dosage: 3 tablets per day to be taken in the morning with breakfast. (Safe for use by children over the age of 10, only 1 tablet per day)



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Zendegis Premium Lean Body Aromatherapy oil:

Body brush daily before bath/shower. Apply Lean Body oil on relevant area using circular strokes on the area. Please avoid direct sunlight 6 hours after application.

- Purifies, cleanses & tones skin tissue.
- Stimulates cellulite reduction.
- Reduces broken capillaries & varicose veins.
- Increases blood circulation & waste elimination.
- Improves skin tone & elasticity.
- Balances water retention.
- Enhances slimming & weight-loss programmes.

To ensure maximum effective weight management please note that the Zendegis Lean Body supplement should be used with the Zendegis Lean Body oil and to be taken with the Zendegis Anti-Ageing supplement.

Zendegis Lifestyle coaching and consulting:

Zendegis offers a service to individuals and corporates where lifestyle assessment is conducted and strategies are put in place to achieve ultimate health and wellbeing. Please contact our office (based in Pretoria) on 0861-936-101 to book your appointment.

On the 22 January 2012, Marichen successfully completed the 70.3 Ironman thereby adding to her experience in the sporting arena. Read her article on our website regarding exercise and nutrition for the event.

We have lately been achieving very good results with our stress management programmes. Contact the Zendegis offices for more information in this regard. Read the article: "De-stress for success" also available on our website.

So, don't procrastinate, put on those running / walking / dancing shoes and get moving - discover a new fit you! ☺

Warmest regards

Yours in Health and Beauty



*Dr. Kotze, Marichen,
Welme' and the
Zendegis Team*