

APRIL 17th 2009 News with KATHY DEANE DNM FHTM

Tru Chocolate™—the "Guilt-Free Chocolate"

HELLO everyone - along my journey with FHTM I have come across a new company launching Into CANADA. YES GROUND FLOORt to CANADA! They produced a Chocolate that you presumably eat before dinner along with a glass of water and you get a very full feeling from it so eat less. (See list of ingredients below.) John my up line - lost 12 lbs in 2 weeks. And many other stories of such are surfacing.

Bottom line is it only costs \$10.00 to sign up as an ASSOCIATE to save your spot while you are studying the Company and deciding if it is something you want to join . The decision is yours. I am not out to push a person into a dealership – however if this really does work we are sitting on a GOLD MINE when it comes to weight loss. AND AS YOU AND I KNOW SIGNING UP WITH A COMPANY ON GROUND FLOOR PUTS YOU IN THE DRIVER SEAT. As far as I am concerned \$10.00 is a small investment to save my spot to find out if it works.

I would encourage you all to sign up for the \$10.00 joining fee which has no obligation other than to put you in the front line for receiving benefits. Then I will have John do a conference call with us and explain this product to you all more thoroughly. You can visit my website at <http://weightnolonger.chocogevity.com/>

I am away next week doing my NORTH TRIP FOR FHTM – HOWEVER IF YOU WANT TO TALK TO SOMEONE ON THIS COMPANY please phone John at TEL: 403-912-9338. My email is nwhhi@junction.net and you can leave me a message on my 250 -547- 2281 number and I will get back to you ASAP. I have my lovely VON Vantage with me which lets me call all over the US and Canada free when hooked up to hi speed internet. I LOVE IT!!!! And I got it through FHTM.

Which brings me to updating you to MY FHTM Fortune Hi Tech Marketing Business FHTM continues to grow in leaps and bounds and this Company is the most awesome Company I have come across IN ALL MY YEARS OF BUSINESS along with having a COMPENSATION PLAN THAT DEFIES LODGIC. Last month we TRIPLED OUR GROWTH in this company. I encourage you all to take a good look at this company AS NOW I BELIEVE IS THE BEST TIME TO JOIN!!! You can view a presentation by Roger McKay www.fhtmdynasty.com password TEAM and then to view further info on the follow-up presentation the pass word is ROGER. Call me or email me and I will answer all your questions. This is such a perfect BUSINESS OPPORTUNITY that pays to unlimited levels utilizing PRODUCTS AND SERVICES that we already use such as

telephone, Von Vantage etc. WHEN DID YOU EVER GET PAID BACK FOR USING YOUR PHONE?????? Well being a part of FHTM they PAY YOU !!!!!!!!!!!!!

One question I am often asked is HOW IS INCORPORATING FHTM into MY NATURES WAY AND NATURES SUNSHINE HERB BUSINESS BEING affected???? Is it adding to IT or TAKING AWAY FROM IT?? Since joining FHTM both Natures Way Herbal Health and my Natures Sunshine Business has increased. I continually get asked to do consultations along the way and my Natures Sunshine business has also increased in growth. As you and I know when one starts a program they should start with a cleanse and some good old chlorophyll along with taking some digestive enzymes. So I sign them up as a PREFERRED CUSTOMER and then they purchase their product AND tell OTHER PEOPLE HOW GREAT THEY FEEL.

Here are the ingredients for the **Tru Chocolate** and remember you can sign up on my website at <http://weightnolonger.chocogeivity.com/> FOR JUST \$10.00 TO RESERVE YOUR SPOT ! NO FURTHER OBLIGATION REQUIRED IF YOU ARE NOT INTERESTED – HOWEVER IF YOU ARE YOU ARE AT THE TOP!!!!!! OF JOINING ON!!!!!!

Tru Chocolate™—the "Guilt-Free Chocolate"

Tru Chocolate™ is infused with beneficial herbs which help promote **healthy blood sugar levels**. Tru Chocolate™ also helps support **healthy weight loss**.

What is Tru Chocolate™?

Our all-organic, proprietary herbal formula contains:

- Moringa Charantia
- Noni Fruit
- Citrus Extract
- Ellagic Acids
- Green Tea Extract
- Fabanol
- Bioprene
- Lectin
- Organic Lecithin

Ingredient Details

Organic Cocoa Liquor: It's produced by grinding the cocoa bean nib (center) to a smooth, liquid state. The Cocoa liqueur can then be cooled and molded into blocks.

Organic Cocoa Butter: Also called the obroma oil, is the edible natural fat of the cacao bean, extracted during the process of making chocolate and cocoa powder.

Xylitol: Xylitol is a white crystalline substance that looks and tastes like sugar. It is a popular sweetener for the diabetic diet. Xylitol is right here, inside, already. Our bodies produce up to 15grams of xylitol from other food sources using established energy pathways. Xylitol is not a strange or artificial substance, but a normal part of everyday metabolism.

Proprietary Herbal Formula containing:

Momordica Charantia: This herb grows all over the tropical zones of the world and has been used for centuries to combat various human ailments but to date has not been very effectively marketed. In a controlled study, individuals with blood sugar levels above 140 mg/dl had the most significant reductions in blood sugar levels, ranging from 28.40% to 37.69%.

Noni Fruit: The fruit of the Morinda Citrifolia, or noni, was an important food source for the early French Polynesians. These early settlers wasted none of this highly valued plant and used it for nearly every medicinal purpose you can imagine. It was treasured by these early cultures for its healing properties and nutritional value. Picked ripe and flash frozen. Hawaii and Japan used the fruit to contain fever outbreaks, the Philippines used Noni to treat arthritis, and the Malaysians heated the leaves to relieve nausea, coughs, and colic. Noni nearly unknown in the western world until 1996, is now being used worldwide because of its great health benefits.

Citrus Extract: A sweetener from botanical extract derived from the seeds, pulp, and inner rinds of certified organically grown citrus extracts do not contain wheat, rye, oats, corn, barley, gluten, starch, soy, egg, dairy, yeast, sulfates, chlorides, wax, preservatives, colorings, or artificial flavorings.

Ellagic Acid:

Supports and Promotes:

- **Immune System Function**
- **Promotes Healthy Cell Production**
- **Promotes Healthy Cell Function**

Noteworthy Facts:

- Ellagic Acid is in the Phenol Family and is Naturally found in healthy berries, and fruits
- Ellagic Acid is being studied more today than ever before and may hold tremendous promise in the Health and Wellness Field.

Green Tea Extract: In a study reported on in the American Journal of Clinical Nutrition, it was found that green tea extract resulted in a significant increase in energy expenditure (a measure of metabolism), plus also had a significant effect on fat oxidation. While some of the effects were originally theorized to be due to the caffeine content of green tea, the researchers discovered that the tea actually has properties that go beyond those that would be explained by the caffeine. The same amount of caffeine as was in the green tea, administered alone, failed to change energy expenditure in other studies. This led researchers to believe that there is some interaction going on with the active ingredients of green tea that promotes increased metabolism and fat oxidation. The researchers indicated that their findings have substantial implications for weight control. A 4% overall increase in 24-hour energy expenditure was attributed to the green tea extract, however, the research found that the extra expenditure took place during the daytime. This led them to conclude that, since thermo-genesis (the body's own rate of burning calories) contributes 8-10% of daily energy expenditure in a typical subject, that this 4% overall increase in energy expenditure due to the green tea actually translated to a 35-43% increase in daytime thermo genesis.

Fabanol® Studies have shown Fabanol® to block sugar absorption.

Bioprene® A standardized extract from the fruit of Piper nigrum L (black pepper) or Piper longum L (long pepper). It contains 95 percent of piperine. Bioperine® may be co-administered with various nutrients for both human and animal health. Piperine, in the patented form of Bioperine®, enhances the body's natural thermogenic activity. This enhancement may be explained as a means of increasing the thermal energy sufficient to "power up" the mechanism related to thermo genesis. This in turn results in increased metabolic processes that creates a "demand" for "supply" of a broad range of nutrients that contribute to metabolism, i.e. vitamins, minerals, herbals, amino acids, etc. It is as if Bioperine® activates a metabolic paddle wheel, of sorts, that selectively provides a more efficient mode of nutrient transportation into the blood.

Lectin: is a fat like substance called a phospholipid. It is produced daily by the liver if the diet is adequate. It is needed by every cell in the body and is a key building block of cell membranes; without it, they would harden.

Organic Lecithin: Protects cells from oxidation and largely comprises the protective sheaths surrounding the brain. It is composed mostly of B vitamins, phosphoric acid, choline, linoleic acid and inositol. Although it is a fatty substance, it is also a fat emulsifier. Hence, it supports the circulatory system. Its choline is useful for making acetylcholin.

The “magic” chocolate taste comes from three special ingredients:

1. Xylitol, a natural sweetener, helps create the long-lasting chocolate taste.
2. The Bioperine®, a patented phytonutrient and natural thermonutrient, is a derivative of black pepper and enhances the perception of taste.
3. The Fabenol®, a derivative of lentils, helps increase the sensation of sweetness. It is also a natural carbohydrate blocker!

Blessings to you all and HAPPILY PAYING IT FORWARD.

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