

List of Possible Improvements While on pHix:

1. Feeling full quicker – eating less amount of food.
2. Less hungry & eat differently – smaller amounts more often. Total is less than used to eat.
3. More energy, more often, more stamina.
4. Go to the bathroom more or less often.
5. Digestion is better & smoother & easier bowel movements. Less bloating!
6. Blood pressure seems to lower.
7. Breathing becomes easier.
The lungs are the main organ through which you expel processed fat: Over 80% of fat burned is breathed out as carbon dioxide.
8. Sleeping better, more restful, deeper sleep, waking up less tired. Snoring less.
9. Chronic pain &/or autoimmune issues seems to be getting less.
10. Reduced blood sugar.
11. Mentally sharper – process thoughts better, more clarity, better recall/recollection of things.
12. Less headaches and neck pains. Less Weakness, Less Numbness.
13. Feeling happier – improved mood, less stress & anxiety.
14. Less hormone issues. Menstrual Cycle Changes for the better. Less Menopause Issues!
15. Clothes fit differently – baggy.
16. Spots on the body reducing in size. Chest, stomach, waist, &/or hips getting smaller.
17. Less inflammation of muscles, and some muscles are becoming more defined.
18. Some weight loss.
19. Body feels stronger, less like being “under the weather.”
20. Skin improving more glow, less irritation; Hair is thicker, more growth, less fall out, shinier.

Is It Useful To Weigh Yourself?

Weighting yourself is an objective indicator but not the best. It only accounts for how heavy your body is, not how much fat you have on the body. Weight loss on the scale is the same for water, muscle, fat, & bone loss. Weight also fluctuates a minimum of 2-5% during a normal month, so that is 2-5 pounds per 100 pounds.

A Better Indicator of Fat-Loss Is Body Measurements.

Since the body has a selective prioritization process on how it both stores and burns water, muscle & fat, keeping the measurements gives a real indication of how your body is using or burning the stored WAT = White Adipose Tissue, the VAT = Visceral Adipose Tissue, SCAT = Subcutaneous Adipose Tissue, & MAT = Muscle Adipose Tissue – which is all the ugly, unwanted FAT!

The VAT – Visceral fat is easier to lose than the SCAT – Subcutaneous fat because it metabolizes faster and can be excreted through the lungs, sweat, urine, & the bowels. Yet, we also do see this change as well!

NOTE: This List of Improvements are for educational and informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of this information! **Each Persons Individual Results Will Be Different!**

The above information has not been evaluated by the Food and Drug Administration.
This information and or product is not intended to diagnose, treat, cure or prevent any disease.