



DURK AND SANDY

The Science Behind the Teas

Durk had lost about ten pounds before reaching a point where his weight would not come off. After following a diet of low-glycemic foods he added this unique combination of teas...the results were incredible! To date, Durk has lost a whopping 35 pounds! He was quoted saying, “ in our research , we had learned of several weight-loss mechanisms reported in studies of various types of tea, including green, oolong, black and Pu-erh.” (pronounced poo-air)

Thus this began the long search for the best combinations and the best varieties/types of teas for weight loss. There are probably hundreds of different teas, which contain various combinations of bioactive ingredients, including: polyphenols; gallated and nongallated catechins; tannin; and monomers, oligomers, and polymers of tea catechins, to name a few. The biological effects of each tea depends on the different “cocktail” of these ingredients. Producing a partially (oolong) or fully (black or Pu-erh) fermented tea results in an even more complex stew of molecular ingredients. Pu-erh tea is produced by fermentation and is preserved (aged) to improve the quality...just like a fine wine! Whereas all other teas auto-oxidize and become weaker with storage, Pu-erh tea doesn't. Pu-erh tea is a type unto itself; although often referred to in America as an oolong or black tea, it is neither.

Some researchers have suggested (Chiang 2006) that some active substances in pu-erh tea may be formed during the preservation period. However, the literature describing the production technique are highly proprietary.

The report also goes on to say, in the process of studying the many mechanisms of tea, we realized many scientific studies did far more than promote weight loss. They also included better health and the exciting possibility of contributing directly to longer lifespan.

Durk says, “to sum up, we have developed another formulation for our own personal use, this one to help reduce body fat when used with a low-glycemic- index diet and also to improve muscle function and increase the creation of mitochondria.”



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Durk and Sandy drink *Shapeshifter Tea*

How does it actually work?

Durk and Sandy state—“the biological effects of each tea depends on the different “cocktail” of its ingredients and on the chemical interactions.” Durk explains, he makes his tea the night before— following the instructions on the can. He leaves it sitting out at room temperature so the molecules can interact. When he gets up in the morning he drinks his first cup—15 minutes before his breakfast, his second serving before lunch and third serv-

ing in the late afternoon.

What does it taste like?

It has the taste of regular black tea— many people like to pour it over ice for a nice refreshing ice tea. You can drink it hot or cold!

Direct Health Nutrition 866-234-2341
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My Personal story . . .

Losing weight has never been so easy! I have always exercised and tried to keep myself in shape—but, like many, the weight just seemed to creep up! When I started drinking the tea - it was the first time the weight started to just easily come off! I was amazed! I drink the tea all day long, as ice tea. It taste delicious—and, the effects showed up quickly. I have lost 12 lbs in less than two month!
Joy Jamieson

Special points of interest:

- Helps move fat thru the system so it can easily be burned instead of stored as weight
- Aids in suppressing the appetite
- Enormous health benefits
- Aids in enhancing energy
- Helps to increase antioxidant protection for the body
- Safe and natural way to lose weight—no side effects!

**DURK has lost 35 lbs...
drinking the tea!**



In his own words - "it is as simple as drinking the tea three times a day!" He brews his tea at night and leaves it sitting out to allow the molecules to interact at room temperature. He drinks his first serving 15 minutes before breakfast, and drinks another before lunch and the third serving in late afternoon.

Shapeshifter Teas

...a new weight loss tea from **Pearson and Shaw**®

Slim Down by Drinking Tea . . . !

Pearson and Shaw have done it again!!! These forward thinking research scientists have discovered a new revolutionary way to lose weight and keep it under control.

I think we can all agree ...America is quickly becoming an obese society, that is creating numerous health problems.

Durk and Sandy have created a healthy weight loss program that is so simple anyone can follow it, and have great results. A few months ago we introduced the Glycemic Control Flakes and Flour—which aids in lowering the carbohydrate (glycemic index) of your food.

Today we are happy to introduce a "NEW" product we feel will be great for any

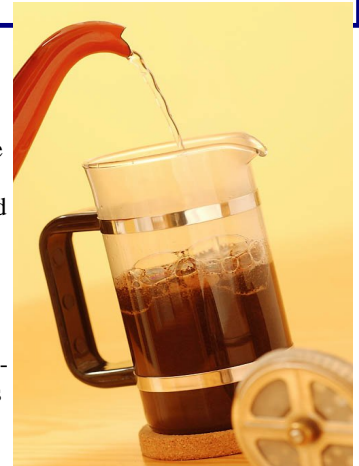
weight loss program....*Shapeshifter Teas!*

Combining two rare teas together - *Pu-erh* (a high grade fermented black tea) and *Darjeeling Green* (considered the champagne of teas) they have created the ultimate in slimming tea.

Currently the exciting research on these teas are showing one cup of tea three times a day *stimulates weight loss!* It is said to balance the body's system and help to stimulate a more functional metabolism.

Research is also showing the double fermentation done on the Pu-erh tea may create special enzymes and microbes essential for well being.

In the 1970's Chinese doctors reported clinical experiments in which drinking Pu-erh was shown to lower cholesterol levels in the bloodstream,



Delicious hot or cold

along with helping to reduce weight and aid in digestion.

It is so easy ...simply drink three cups a day, hot or cold.

Durk reminds us...to accelerate any weight loss program add exercise and control your carbohydrate intake.

Call today to order Durk & Sandy's New Slimming Secret!

NOW AVAILABLE AND READY TO SHIP TO YOU

Remember to ask about our preferred member prices

Item Code # 285

Shapeshifter Teas

Retail Price \$29.95

Item Code # 284

French Tea Press

Retail Price \$12.95

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