

## Tahiti Trim Plan 40 Overview

### “Balance and Fortify, Nourish, Strengthen”

Most women dread the “over the hill” birthday - the one that marks the end of youth - but this is the best time of a woman’s life! With an average life expectancy of around 80, women in their 40’s and beyond are in the better half of their lives!

This is a time when women are moving into a deeper level of self-discovery and spiritual awareness. Women in this age group are in the work force, they are furthering their education, caring for children and grandchildren, and most are balancing a mixture of all of these roles.

These women have the perspective, the experience, the emotions, and the objectivity that allow them to make educated decisions. They are recognized for their sound advice, and their opinions are heavily weighed in the decision-making processes of their communities. They are more health conscious and active than any previous generation.

Women don’t want to descend into a painful old age suffering from low self-esteem and lack of self-confidence, or dealing with debilitating conditions such as osteoarthritis and osteoporosis.

**This is their time to be active, healthy, and attractive so they can continue to enjoy their lives, and look toward the future! It is time for a permanent change that will allow them to feel in control again!**

The Tahiti Trim Plan 40 program is a nutrition and lifestyle management system that addresses the many needs of women who are in the pre-menopausal, menopausal, or post-menopausal stages of their lives. The very specific needs of women in this age group bring about unique dietary and supplementation issues that can only be addressed with lifestyle and nutritional strategies custom made for this stage of a woman’s life.

Whether you are talking about nutritional deficiencies or surpluses, or an over or under-abundance of specific hormones, maintaining a controlled balance of nutrients and hormones is the only safe, effective, and long-term health and quality of life solution for the pre- or post-menopausal woman.

Women in their menopausal years gain and lose weight far differently than they did when they were in their 20s or 30s. For that reason, using a diet program that was successful 5 or 10 years ago may not be effective today.

At this stage, a woman’s body has unique nutritional needs, and though metabolism has started to slow down so that a woman needs fewer calories, their nutritional needs have actually increased.

Although the health and nutritional benefits of the Tahiti Trim Plan 40 program can benefit any female - and males as well - some of the specific issues addressed include the control or elimination of the following chronic or acute menopausal conditions:

- Mood Swings
- Food Cravings

- Weight Gain
- Headaches
- Night Sweats
- Hot Flashes
- Irritability
- Insomnia
- Loss of Energy/Vitality
- Weight Loss Plateaus
- Depression
- Anxiety
- PMS
- Fibroid tumors
- Tender breasts
- Fatigue
- Foggy thinking
- Memory loss
- Irregular timing and flow of menstrual cycles
- Bleeding in between periods
- Cold hands and feet

In addition to the above list of pre and post-menopausal symptoms, there are other not so obvious dangers that lurk around the corner for any woman who has reached this stage of her life. These include, but are not limited to:

- The loss of more than a pound of muscle tissue each and every year, resulting in a metabolic shift that causes uncontrollable weight gain, even if diet and activity level have remained unchanged.
- Menopausal women who don't change their lifestyles gain weight during this period of their lives, regardless of what their weight was initially.
- Radically increased chances of developing Heart Disease, which is the **#1 killer of women over the age of 40!**
- Nutritional deficiencies caused by an increased need for certain vitamins and minerals, even though a woman's caloric needs are reduced. By attempting to control weight gain by not taking in as many calories, a woman unknowingly denies her body badly needed nutrients.
- Estrogen and progesterone hormone imbalances that cause uncontrollable food cravings that lead to weight gain, added risk of developing heart disease, and a continued loss of self-esteem and self-worth.
- A loss of 10 times more bone mass each year than during younger years, resulting in increased breaks and fractures, lifetime pain and therapy, and a further degradation of the quality of a woman's life.
- Decreased efficiency of the body's immune system, causing more frequent colds, illnesses and infections, and increasing the amount of recovery time from those same conditions.
- "Estrogen dominance" caused by the estrogen that is produced by excess bodyfat cells in overweight women.

The information contained in this report is in reference to the Tahitian Noni International product, **Tahiti Trim Plan 40**. To learn more about using these products to take control of your weight and your LIFE, visit <http://www.tni.com/aaronandamy> or call 904-699-9917 for more information.

- Further uncontrollable hormone imbalances caused by excess estrogen from environmental factors such as pesticides, plastics, industrial waste products, car exhaust, meat, soaps, and other things that we encounter in day to day life.

**95% of people who lose weight on diets gain it back sooner or later. That's because these diets do not take into consideration that weight loss is a function of overall health, balance, and lifestyle - on a permanent basis.**

Tahiti Trim Plan 40 is NOT a diet! It is a program designed to help you develop a new, healthier lifestyle. The Plan 40 Maintenance Plan fights against regaining weight while continuing to relieve pre and post-menopausal symptoms.

Tahiti Trim Plan 40 contains natural elements that assist women in weight management, health, and overall quality of life. These include:

- Natural Progesterone
- Phytoestrogens
- Essential Fatty Acids
- Vitamins A, B, C, D, and E
- Minerals: Calcium, Chromium, and Magnesium
- Fiber
- Soy

### **Tahiti Trim Plan 40 Supplements, Elements, and Additives**

Tahiti Trim Plan 40 includes a well-stocked arsenal of supplements, elements, and additives that aid women in combating the many unpleasant side effects of aging past the mid-30s. These items are available individually, or you may choose from various packages that will best fit your individual needs. All of these items are explained in detail below and include:

- The Cleanse Beverage
- Natural Progesterone Cream
- Women's HOA Blend Multi-vitamin
- Omega 3,6,9 Essential Fatty Acid Blend
- Calcium Plus
- Soy Protein
- Fiber Blend
- Cleanse Tea
- Appetite Suppressant
- Success Bars
- Complete Bars

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### The Cleanse Beverage

- **Needed because:**
  - 1) Cleaning out your system allows you to burst through weight loss plateaus by ridding the body of the “toxic sludge” that accumulates in the digestive track. This “sludge” keeps a woman’s body from absorbing badly needed nutrients.
  - 2) Damage control after holidays, birthdays, anniversaries, and other celebrations that take a woman away from her normal nutrition program.
  - 3) Give yourself a fresh start after cleaning all of the toxins and side effects of a hectic lifestyle out of your system. Let your body have a much needed breath of fresh air on a regular basis.
  - 4) Jump start your weight loss whenever you first start the Tahiti Trim Plan 40 program, or at any time of your life when you hit a weight loss plateau.
  
- **Contains:**
  - 1) An all-natural, tasty blend of orange, grape, pineapple, pear, apple, cranberry, and guava juices.
  - 2) Fruit juices in every can of Cleanse Beverage are mixed with a full 2 ounce serving of Tahitian Noni Juice

### Natural Progesterone Cream

- **Needed because:**
  - 1) Balances estrogen and progesterone levels that become imbalanced as a woman’s body transitions towards menopause. Balancing these hormone levels helps to control symptoms such as mood swings, hot flashes, depression, anxiety, night sweats, and more.
  - 2) Aids in bodyfat loss by increasing the activity of enzymes involved in fat storage which helps your body to utilize fat for energy, rather than continually storing it.
  - 3) Helps to retard your body’s menopausal tendency towards increased bone density loss.
  - 4) A safe and effective cream that provides a woman’s body with the progesterone that it can longer produce for itself.
  - 5) Any or all of the following symptoms are an indication that a woman’s body is in a state of estrogen dominance, and that progesterone is needed to restore the delicate estrogen/progesterone balance: Weight gain, Edema, Mood swings, Anxiety/Irritability, Fibrocystic breasts, Cystic mastalgia, Insomnia, Uterine fibroids, Dysmenorrhea, DFUB, Headaches/Migraines, Irregular menses, Increased incidence of allergies, Autoimmune disorder, Cancer, Blood clots/stroke, and Infertility.
  - 6) Progesterone supplementation also assists in many health-promoting effects such as maintenance of normal blood sugar levels, the use of fat for energy, restoring libido, protection again cancer, normalization of blood clotting which

protects against strokes, normalization of thyroid hormone functions, stimulate Osteoblast (new bone) formation which reverses osteoporosis, and assist in preventing hypertension.

7) Hormone Replacement Therapy (HRT) is only marginally effective, and it can have the following devastating results. In a study conducted by the Women's Health Initiative, 16,608 post-menopausal women were given a common form of HRT that combined estrogen with progesterin. The results showed that the women who received HRT were:

- 41% more likely to have a stroke
- 29% more likely to have a heart attack
- 26% more likely to develop breast cancer
- Two times more likely to develop blood clots.

The findings in this study were so conclusive that although the study was originally intended to last for 8 ½ years, it was stopped prematurely after only 5 years.

- **Contains:**

- 1) Natural Progesterone that comes from plants and soy beans and is molecularly identical to that produced by a woman's own body.
- 2) Noni juice and Noni seed oil. Morinda citrifolia (Noni) has properties that allow for easy absorption through the skin.
- 3) 20mg of USP progesterone per ¼ teaspoon or 450 mg per ounce.

### Women's Essential HOA Blend

- **Needed because:**

- 1) Aids in controlling food cravings
- 2) Provides a quality and consistent supply of vitamins, minerals, and phytonutrients to fill any "gaps" in your nutrition program.
- 3) Phytoestrogens contained in the Women's Essential HOA Blend also enhance cell-to-cell communication and act as free-radical combating antioxidants.
- 4) Phytoestrogens help to maintain the estrogen/progesterone balance by remaining effective whether the individual has an estrogen surplus or an estrogen deficiency. Phytoestrogens act on estrogen receptor sites in the body in the most effective manner by determining whether an estrogen surplus or deficiency exists.
- 5) Vitamin A plays an important role in vision wellness, and building bone cells. It also helps to regulate the immune system to assist in fighting off infections and viruses.
- 6) Vitamin B helps to dampen the effects of stress on the human body. Vitamin B6 is a natural way to help alleviate stress and mood disturbances such as depression, anxiety, and lack of energy. B6 is also needed to produce more than 100 enzymes that assist in protein and carbohydrate use in the body. It is used in hormone

- production, the production in the body of the natural anti-depressant serotonin, and it also helps to maintain the immune system.
- 7) Vitamin B12 is important for heart health because it facilitates the metabolism of essential fatty acids. It also helps to maintain and lower the concentration of homocysteine, a substance identified as a cause of cardiovascular disease. Vitamin B12 also helps to keep the mind sharp, helping a woman stay on top of her game.
  - 8) Vitamin C is essential for the repair of all collagen, including cartilage and bone matrix. Vitamin C is also a powerful antioxidant that protects the body from free radical damage that can cause some types of cancer.
  - 9) Vitamin D helps your body to absorb and use calcium. Vitamin D also decreases the excretion of calcium from the kidneys and facilitates the mineralization of bones, keeping them strong and healthy.
  - 10) Vitamin E, when combined with Vitamin B, can help decrease the likelihood of mood swings, irritability, memory problems, and depression. Vitamin E also helps prevent the formation of blood clots, which can lead to a heart attack or a stroke. Vitamin E may also delay or prevent coronary heart disease, the leading killer of women over 45 years old.

- **Contains**

- 1) Over 30 vitamins, minerals, and phytonutrients
- 2) Contains “Chelated” minerals - Chelation is when a mineral is attached to an amino acid. When minerals are chelated, they are more bio-available and more easily absorbed by the body than other minerals.
- 3) The Women’s Essential HOA Blend also incorporates “enteric coating” that coats each individual nutrient, ensuring that each nutrient is digested and absorbed in the proper place in the body.
- 4) Naturally occurring plant Phytonutrients believed to have a beneficial effect on human health. Fruits, vegetables, grains, nuts, and teas are rich sources of phytonutrients. Phytoestrogens are a type of phytonutrient that have mild estrogen-like effects without the side effects that are seen with synthetic estrogen supplementation. Phytoestrogens can be helpful in balancing hormones and easing menopausal symptoms.
- 5) Marigold, which helps with occasional aches and pains and has traditionally been used to relax one’s mood.
- 6) *PABA (para-aminobenzoic acid)* - PABA is a key ingredient in forming folic acid, which is necessary for making hemoglobin (which carries oxygen to the body) in the red blood cells. As such, it is important in making DNA and RNA. It also provides calming and lifting effects to one’s mood.
- 7) Vanadium and Boron which help women maintain healthy bone density.

**Omega 3, 6, 9 Essential Fatty Acid Blend**

- **Needed because:**

- 1) The leading cause of death for women over the age of 45 is coronary artery disease, and Omega 3 fatty acids may reduce the risk of coronary artery disease.

- 2) Essential Fatty Acids lower triglyceride levels, help rid artery walls of plaque, lower blood pressure, and decrease inflammation in the body.
- 3) Essential fatty acids help to maintain healthy cells, as they are a component of cell membranes.
- 4) EFA's help to maintain a healthy cholesterol level.
- 5) Deficiencies in essential fatty acids can lead to unhealthy skin and nerves, as well as an unhealthy immune system, cell function, and heart.
- 6) Our bodies cannot manufacture Essential Fatty Acids, so we must get them through our diet.
- 7) Omega 3, 6, 9 Blend is the only essential fatty acid supplement that contains Noni, making it high in linoleic acid content. Linoleic acid is an important component of cell membranes, critical for maintaining cell integrity.

- **Contains**

- 1) Proprietary mix of Omega 3, 6, 9 essential fatty acids and Vitamin E.
- 2) *Noni Seed Oil* - Just within the Noni seed oil, 12 fatty acids were identified, including a significant amount of linoleic acid.
- 3) *Fish Oil* - Fish oil contains EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), both of which help lower LDL (bad) cholesterol levels, thus helping to maintain heart health.
- 4) *Flax Seed Oil* - Flax seed oil contains high levels of omega 3 and 6 fatty acids. These fatty acids have a favorable effect on your immune system. Additionally, flax seed oil contains lignan, a type of phytoestrogen that can help moderate estrogen levels.
- 5) *Borage Seed Oil* - Borage is high in omega 6 gamma-linolenic acid (GLA). Recent research has shown that borage seed oil may be beneficial for alleviating premenstrual symptoms, keeping skin supple and young-looking, and maintaining pulmonary health.
- 6) *Black Currant Seed Oil* - For centuries, black currant seed oil has been used for menopausal women. Black currant seed oil also promotes immune system health.
- 7) *Evening Primrose Oil* - Evening primrose oil has been traditionally used for premenstrual syndrome, and symptoms of menopause, such as hot flashes.
- 8) *Vitamin E* - Vitamin E has been used for the maintenance of the cardiovascular system. As a powerful antioxidant, it helps maintain the quality of essential fatty acids.

**Calcium Plus**

- **Needed because:**

- 1) The rate of bone loss is up to 10 times as high in menopausal women than in women who haven't reached menopause yet. This can cause a bone loss of up to 3% or 4% each and every year.
- 2) Of all reported cases of osteoporosis, 90% of them are women.

- 3) Our ability to absorb the calcium that we consume declines with age, which means that we are unable to get the bone-saving benefits of calcium unless we can find a way to ingest a higher quantity of calcium in a more absorbable form.
- 4) Most women in perimenopause and menopause reduce their physical activity, which causes weakened bones and sets the stage for bone fractures and breaks in the future.
- 5) Calcium supplementation will give your body the minerals it needs so that it doesn't have to pull calcium from your bones, thus weakening them.
- 6) When calcium intake is high, your fat cells release more of their stored fat into the blood stream to be used for energy, thus aiding in weight loss.
- 7) In order to absorb calcium into the bones, your body uses enzymes that need magnesium to function properly. Calcium plus contains magnesium as well as Vitamin D for maximum absorption.
- 8) Calcium has been proven in repeated studies to aid in bodyfat loss.
- 9) Calcium reduces the risk of both colon cancer and osteoporosis.
- 10) Calcium helps to reduce high blood pressure.
- 11) Calcium lowers incidence of Stroke.

- **Contains:**

- 1) Calcium Carbonate AND Calcium Citrate which - combined with Vitamin D and Magnesium - maximize your body's calcium absorption.
- 2) Magnesium in an ideal Magnesium to Calcium ratio of 2:1
- 3) Vitamin D which helps your body to absorb and use calcium, contributing to calcium absorption increases as much as 30% - 80%. Vitamin D also decreases the excretion of calcium from the kidneys and facilitates the mineralization of bones, keeping them strong and healthy.

**Soy Protein Drink**

- **Needed because Soy Protein:**

- 1) Is the richest source of Isoflavones in our diet, which combat body fat production, heighten the rate at which the body processes fat, helps to maintain lean muscle tissue, and also relieve menopausal symptoms.
- 2) Is a complete plant source of protein (for those who want to limit meat intake)
- 3) Decreases LDL cholesterol (the bad cholesterol)
- 4) Has a low glycemic index which minimizes insulin release in the body, delaying the release of glucose into the blood stream. This makes you feel fuller for a longer period of time, thus causing you to eat less.
- 5) May reduce the risk of heart disease when consumed at the rate of at least 25 grams per day.
- 6) Lowers your risk of cardiovascular disease by helping to maintain a healthy cholesterol level.
- 7) Maintains heart and kidney health in diabetics.
- 8) Reduces risk of endometrial and prostate cancer.

- **Contains:**

- 1) No Genetically Modified Organisms (GMO's)
- 2) Sucralose, a sugar substitute that was approved by the FDA in 1998 for safe human consumption at the rate of 5 milligrams per kilogram of bodyweight per day
- 3) 70% of the recommended daily intake of calcium and aids in calcium absorption, helping to maintain healthy bones.
- 4) Many soy drinks on the market today contain either coconut or palm oil—both saturated fats. Tahiti Trim Plan 40 Soy Protein Drink contains high oleic sunflower oil, an unsaturated fat.
- 5) Comes in Vanilla, Chocolate, and Orange Crème flavors.

**Tahitian Noni Fiber Blend**

- **Needed because Fiber:**

- 1) Lowers the risk of coronary heart disease.
- 2) Lowers the risk of heart attack.
- 3) Slows glucose absorption and reduces the release of insulin. Both have the effect of ensuring that ingested sugar does not end up being stored as bodyfat. This also curbs your desire to eat other, less-healthy foods.
- 4) Lowers risk of diabetes.
- 5) Binds to excess estrogen in the bloodstream, keeping it from being absorbed and thus throwing off the delicate estrogen/progesterone balance in the body.
- 6) Reduces the risk of developing cancer and diabetes.
- 7) Makes you feel full so you won't eat as much.
- 8) Inhibits the small intestine's ability to absorb calories, resulting in weight loss. A consistent diet that is high in fiber will actually cause your small intestine to no longer be able to absorb as many calories as it previously could. This causes a consistent loss of body weight.
- 9) Insoluble fiber significantly speeds up the transit time of digested food, which relieves constipation and reduces caloric absorption, which assists in weight loss.
- 10) When fiber leaves the body, it acts as a scrub brush, clinging onto the fat and impurities in our digestive tract, and pulling them out.
- 11) The U.S. Surgeon General, the American Cancer Society, and the American Heart Association all recommend the consumption of between 20 and 35 grams of fiber per day.

- **Contains:**

- 1) 10 grams of fiber per serving.
- 2) Contains no flavoring or sweeteners so you can add Fiber Blend to any beverage or recipe without affecting taste.
- 3) Soluble Fiber known as Pectin, the same type of fiber that you consume when eating the inside of an apple.
- 4) Insoluble Fiber known as Cellulose, which is the type of fiber that is in the skin of an apple.

- 5) An ideal ratio of soluble to insoluble fiber, which is 6:4. This maximizes the benefits of ingesting fiber, ensuring that your body gets as much fiber as possible.
- 6) Noni fiber helps eliminate toxins because it is a matrix fiber. Matrix fibers aren't absorbed by the body, so they bond to toxins in your system and carry them through.

### Cleanse Tea

- **Needed because:**

- 1) Keeping our digestive track free of toxic-ridden wastes keeps our bodies in an ideal state to absorb healthy nutrients when we ingest them. If our digestive track is clogged with unhealthy waste materials, even if we eat a clean diet, many of the nutrients never get absorbed by our body.
- 2) When our bodies are able to properly absorb nutrients, we do not get "cravings" for unhealthy foods, which results in both short and long-term weight loss.
- 3) Promotes regularity and increases toxin elimination. Regularity also reduces water retention and improves digestion.
- 4) Helps maintain healthy cholesterol, normal blood sugar levels, and is high in antioxidants.
- 5) Helps relieve both chronic and acute stomach pain.
- 6) Has anti-bacterial, anti-fungal, and mild laxative effects.

- **Contains:**

- 1) Vitamin C
- 2) Antioxidants
- 3) Contains no caffeine or other stimulants.
- 4) Can be used to make both hot tea and cold tea.
- 5) Contains no harmful stimulants which can cause an addictive effect on your body.
- 6) Noni Leaf Extract - Noni leaves have a powerful antioxidant activity, while also promoting healthy cholesterol, normal blood sugar levels, and bowel regularity.
- 7) Tinospora Cordifolia Extract - Tinospora helps your body to maintain a healthy cholesterol level.
- 8) Triphala Terminalia Chebula Extract - Ayurvedic medicine touts triphala as a powerful tonic that has a calming effect. Used for a variety of purposes, triphala is most noted for its use in promoting bowel regularity, healthy digestion, protecting and maintaining a healthy intestine, and maintaining a healthy blood cholesterol level. Additionally, triphala is a great source of antioxidants and boosts immune activity.
- 9) Terminalia Belerica Extract - Keeping your liver healthy will also keep your body clean and functioning properly. Terminalia promotes liver health while also nourishing the eyes, hair, and skin.

### Appetite Suppressant

- **Needed because:**

- 1) Appetite control not only aids in overall weight loss, but in overall health as well. Weight gain is only one negative side effect of overeating. Potential negative health conditions that result directly from an unhealthy diet include diabetes, coronary heart disease, high blood pressure, heart attacks, and stroke.
- 2) Aids in efficient use of your body's energy utilization systems to keep from storing caloric energy as bodyfat.
- 3) Curbs appetite and cravings—helping you to feel less hunger while having more energy.
- 4) Increases cellular metabolism efficiency, helping you burn more calories naturally.
- 5) Slows down fat storage.

- **Contains**

- 1) The essential trace mineral Chromium, which helps to reduce cholesterol and overall food cravings by supporting your body's natural regulating system that signals the brain when you are full.
- 2) Chromium - Part of the challenge of controlling cravings is maintaining your blood sugar levels. When your blood sugar level is out of balance, your body sends messages to your brain, instructing it to get more—in other words, cravings. Chromium helps maintain normal blood glucose levels, turning off cravings.
- 3) L-Carnitine - Promotes the efficient use of your body's available glucose and fatty acids, which translates to more energy, less hunger, and the loss of bodyfat.
- 4) Garcinia Cambogia Fruit Extract which possesses a natural ability to suppress the process of storing fat. This translates into more fatty acids being used for energy, which, in turn, prevents fat storage.

### Success Bars

- **Needed because:**

- 1) Provides an important blend of protein, fiber, and calcium in a quick snack format.
- 2) Acts as an excellent source of protein that is low in absorbable simple sugars—only four impact carbs.
- 3) Provides soy protein, dietary fiber, and calcium—nutrients essential for mid-aged women's health.

- **Contains:**

- 1) 10 grams of protein and four grams of dietary fiber—with calcium, magnesium, zinc and copper. Only 150 calories per bar.
- 2) Plan 40 Success Bars are made with only non-genetically modified (Non-GMO) soy protein.
- 3) Calcium and Magnesium - Calcium is essential to bone health and research shows it can help you maintain a healthy weight. Magnesium helps your body absorb calcium and to strengthen and maintain your bones.

- 4) Copper and Zinc - In mature women, zinc and copper deficiency may accelerate bone loss due to reduced intake and absorption of these trace minerals. Zinc and copper are essential cofactors for enzymes involved in the synthesis of bone constituents including collagen synthesis.
- 5) Dietary Fiber - Inulin, a dietary fiber, provides a fit environment for the growth of healthy bacteria in the intestine. These bacteria enhance the body's immune system, synthesize a number of B vitamins, and help you maintain healthy digestion.

### Complete Bars

- **Needed because:**

- 1) According to a recent USDA survey, 80% of women fail to get even 2/3 of the recommended daily allowance for one or more vitamins and minerals.
- 2) Hunger and fatigue are the basic reasons why people fail with their diets.
- 3) Lack of convenient access to quality foods is a primary reason why people "eat out" and end up with portion sizes that are too large, and they ingest foods that are high in saturated fat, sugar, and sodium.

- **Contains:**

- 1) 10% Tahitian Noni Juice concentrate.
- 2) 24 grams of quality carbohydrates for energy, 15 grams of protein for muscle repair - only 190 calories per bar
- 3) Whey Protein which stimulates and maintains the health of osteoblasts—the key to healthy bones. Whey protein is also a complete protein with all of the essential amino acids needed to help build lean muscle.
- 4) Soy Protein which is a high quality source of protein and is considered the best source of vegetable protein on the market. But the benefits of soy go beyond just protein—its abundant natural isoflavones help meet many of your body's needs while addressing many of the challenges presented by menopause. The Complete Bars are made with only non-genetically modified soy protein.
- 5) Vitamins A and C, the B-complex vitamins, calcium, and zinc.

As you can see, the Tahiti Trim Plan 40 program covers all the bases when it comes to weight loss, health, and overall vitality via properly balanced hormones and nutrition. Regaining the health and energy levels that you had earlier in life is simply a matter of modifying your lifestyle to include the things that you need, and get rid of the things that you don't!

The "take home" point to all of this is that whether you use every single component of the Tahiti Trim Plan 40 program, or if you just pick and choose the items that best meet your individual needs, there is one primary thing to remember:

**Leading a happy, healthy, and fulfilling life requires a change of LIFESTYLE!**

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Diets don't work. Insane exercise practices and devices don't work. Just talking about it **definitely** doesn't work! To experience true success and self-accomplishment, it is up to YOU to finally take control. Stop making excuses, and stop wasting time, money, and valuable motivation by pinning your hopes on products and practices that simply don't work.

Change your LIFESTYLE and enjoy the next stage of your life with confidence, happiness, purpose, and true inner joy!

Tahitian Noni International has trained literally hundreds of Certified Success Group Leaders who specialize in the Tahiti Trim Plan 40 products and lifestyle, and each of them hold weekly Success Group meetings that allow group members to learn about health and balance, to show and receive support, and to participate in their own success, as well as the success of the other group members.

Jacksonville, FL area residents are welcome to join Amy and Aaron Potts in their weekly Success Group meetings, or you can call Tahitian Noni International directly to find a Success Group Leader in your area: 1-801-234-2539

If you are interested in becoming a Tahiti Trim Plan 40 Certified Success Group Leader, please call Aaron and Amy directly for details on how you can help the members of your community to finally experience all of the benefits of weight loss, health, and lifetime happiness!

**Aaron and Amy Potts**  
**Certified Success Group Leaders**  
**Tahiti Trim Plan 40**  
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