

I realise that the submissions have closed Preventative Health Taskforce however we feel that we have a contribution and a role to play in targeting obesity. Ultra Lite is a Professional program that has been well represented both within naturopathic clinics and pharmacy for many years; and with medical doctors and chiropractors and Day Spas & Fitness centres in the USA for over 9 years now. We are keen to follow the US trend and extend the Ultra Lite opportunity into integrated wellness (Health & Fitness centres) which we have seen as an area that has been overlooked for years. There are so many Gyms that target exercise only and ignore the dietary component not realising that overcoming obesity is 80% diet and 20% exercise. See the attached article.

The Ultra Lite program is not a meal replacement but instead offers the following:

1. a proven ketogenic lifestyle change program based on sound health principles
2. an educational program that is good for the **whole family as well as children**
3. a proven program to assist that assists diabetic patients as well as pre-diabetic
4. Cheaper food bills it has been proven that the Ultra Lite Diet will reduce food bills by up to 30%.
5. a proven method of solving the cluster of metabolic disorders known as Syndrome X, also known as insulin resistance syndrome, which predisposes us to high blood pressure, diabetes, heart disease and early aging.
6. a proven track record in bringing about improved health outcomes for your patients which include;
 - a. weight loss by educating and supporting our patients eating the Palaeolithic way of eating (the way our Grandparents ate) rich in delicious non-starchy vegetables and plant nutrients, top quality proteins and omega 3 fats
 - b. fat loss without a magic pill, without hunger, and without hardship
 - c. the result of a satisfied client who will abound in endless energy, who looks great and has a strong lean body for life.

Because Ultra Lite focuses on eating 3 good meals a day and targets sugar as the predominant cause of obesity today we educate the family in the process by teaching them to avoid refined (sugar laced Carbohydrates) and to focus their diet on the more healthy eating of quality complex Carbohydrates and moderate quality protein.

Testimonials from the Medical Profession

Never before there is an urgent need for coherent and non-fad guidance for a healthy lifestyle and food. What should be a natural, generational family teaching – seems no more. Many people just do not know what and how to eat, falling willing victims to the cafes, fast food outlets, malls and bakehouses.

With so many easy options and alternatives to not only meal preparation but lifestyle choices which in many cases exclude physical activity, it is no wonder that our nations are getting fatter, obese and feeling all the worse for it – despite weak excuses that its ok to be what ever you are and to love yourself. That's baloney. Try that excuse when your loved family member has their first heart attack at 40, or teenager has diabetes! For the first time our parents just might outlive their children.

It is time to make a stand. There is no simple fix. Never will be. Modern medicine will NOT discover a pill to make it go away. If it did you can bet after the trumpeting is over, the side-effects will appear and the great discovery will fade quietly.

No, the solution is sensible, balanced, wholesome food – prepared by established principles proven by generations if not thousands of years of human existence.

Ultra Lite is the ultimate weight management program for quick, safe, exceptional and sustainable weight loss; a method proven by tens of thousands of users and well supported by latest scientific literature. What is more it provides an easy 'detoxing' method for those who feel unwell and toxicant challenged.

With so many diet methods being pushed, the need for a 'back to basics' and physiologically correct nutrition guide is well overdue.

I guarantee if every individual, every parent followed these easy guides, health would be regained and physical appearance and true self-esteem would result if everyone would adopt the Ultra lite concepts.

Dr. Bill Reeder Mb.Ch.B. Dip.Obst.
ACNEM Membership
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As a medical doctor I have researched several weight loss programs. I have chosen the Ultralite Weight Management System for the past 5 years in my clinic and have been able to help dozens of patients reach and maintain their weight goals as part of a philosophy of weight loss without drugs or surgery. Patients have frequently been able to reduce or eliminate their dependency on prescription medications for diabetes mellitus, hypertension, hyperlipidemia and other lifestyle caused diseases. We offer an integrative approach, combining the best of traditional and alternative health care practices to achieve lasting health care benefits. Ultralite is an essential component for many of our patients and is attractive because it enables our patients to reach their target body weight without losing muscle mass. In addition, the patients often experience only minor cravings and their energy and mental focus remain clear allowing them to perform efficiently in their personal and business lives. Also, by checking their daily ketones, they can be sure they are right on track with their progress. Once they reach their personal goals, they are able to maintain their weight by a careful program of maintenance. With the knowledge gained from this program, they finally realize how to eat for optimum health and possess the tools to continue to lead healthy lives for many years. Ultralite has been a remarkable program for allowing our patients to take charge of their lives and for maintaining a healthy body weight and for eliminating their dependency on pharmaceutical solutions for lifestyle induced imbalances and diseases.

Frank Tortorice, M.D., F.A.A.P.
San Francisco, California

"For many years I been searching for an effective and healthy weight loss solution that I could follow myself and offer to my patients. I have finally found that program. It is called the Ultra-Lite and Health management Program." Daniel D Beninati, MD, FACOG, CCN

Our vision is that All Health & Fitness centres can and should be seen as a wholistic centre also known as a weight loss destination. Feel free to visit the forum on our website and read the comments on www.ultralite.com.au .Ultra Lite is well positioned as the premium offering preferred weight loss option and can fit with well with other product only programs that you may offer.

Sincerely

Malcolm

Malcolm McLean (National Sales & Marketing)



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