

pHix Recommendations and Instructions

by Dr. Ben Bowers

The number one reason that people are willing to try this product is because they want to lose weight. I hear things like – “I am so tired of being fat or overweight” and “I am tired of trying everything and nothing really helps or works, or it does for a while and then it all comes back on!”

Well, this product is not like some of the other weight-loss fad diets or medications that people have tried in the past that was trying to just burn fat or help reduce weight!

(And were not even taking into account all the side effects or restrictions that came with those diets!)

This product is specific in that it opens up the body's awareness a potential difficulties with fat accumulation and triggers the totality of the body to burn off excess white adipose tissue (WAT) and at the same time cleans up the process of doing so, and allows the body to repair and return itself to a much better health state!

This is so unique because nothing that we have ever found in nature does this in line with what we understand about the human Physiology!

So when people start on this product, most of them ask me how they should take it.

My recommendation is based upon what it is that they are hoping to achieve or accomplish by taking the product and how fast they hope to achieve it. Everyone wants something to work very fast so that they can see quick results.

My statement is that the excess fat did not come on the body overnight, or in a few days, or a few weeks, or even a few months, and it will take time to burn it all off as well. However, this product is unique and that the more consistent you in taking it, the better the efficacy and potentiation effects that will give you some results.

So, if you have a lot of different health issues, or if you have a lot of excess white adipose fat tissue to lose, then it would be best for you to take 2 pHix Snaps a day. I would recommend taking the 1st one within 2 hours of being awake, and take the 2nd about 8 hours later. Taking the product this way appears to give most people the greatest benefit and the greatest potential results.

Now, after observing many different people on this product, there are some things that tend to be showing up that I want you to be aware of.

1. Most people begin on this product because they want to lose weight.

In reality, most people want to look better in their clothing or to lose enough fat off of their body so that they look better (healthier) in the mirror, or when they are naked, than on what the scale says they weigh!

The reality is that the scale is just one measurement of the totality of what the body weighs. It does not give us specific understanding of how the body is functioning, and water, muscle, & bones weigh more than fat does! So losing fat does not show up on the scale like losing water-weight does!

Therefore, what I recommend is that you do a complete measurement of your body at the same time that you weigh yourself (to see the totality of your current weight) and then Do Not Weigh again for 3-4 weeks!

I have also attached “**Fat Loss Girth Measurement Record Form**” for you to fill out on a weekly basis so that you can see where the changes are occurring. This is what I refer to as mottling – meaning that as the body is burning the fat, whether it is the fat under the skin (*Subcutaneous adipose tissue = SCAT*), or it is the fat in the muscle (*muscle adipose tissue = MAT*), or the gut (*visceral adipose tissue = VAT*), that it is using it as an energy source to help fix an area that you probably currently have an issue with. The longer you are on the product, then more potentiation that you will have to improve multiple areas of dysfunction in your body.

I have also sent you another file called **“BMI Chart Template”** and it is a Body Mass Index Table that you can find where your Height (inches) and Body Weight (pounds) meet and that will give you your approximate BMI and identify which column you are in: Normal, Overweight, Obese, or Extreme Obesity. I know that you may not want to know that! However, what we are observing is that this number is much more important than the scale number as your BMI indicate the potential quality of life issue! Please record this number at least once every 3-4 weeks and you will enjoy seeing this number reduce!

I would also encourage you to take a picture of your body before you begin taking the product and then take another picture every month in the same clothes and same pose. I'm sure you will be like most people and will be absolutely amazed at the changes that occur over time that you are on this product!

2. Most people who have excess fat on their bodies usually have some other health related issues going on as well.

Since we know that the body is mainly a body that consists of fat for almost the entirety of the body, fat accumulation tends to cause a lot of different problems that we do not know are associated to that issue.

Once you start on this product and it goes through and starts breaking down the white adipose tissue, and then it begins cleaning up those systems, and you will then see how your body in its own unique way, responds to this product.

I would like for you to make a list of the current symptoms that you are currently experiencing in your body. Please be as detailed as possible.

Please also make a list of all the supplementations, medications, or diet changes that you are currently taking or are on as well.

I would also like for you to monitor your bowel movements, your urine, your breathing, and your heart rate while being on this product and let's see if you notice any changes to any of these while you're on it.

Please keep in mind that some of these improvements can take many days to several weeks before they are even noticeable. So if you record them at the beginning you just might be amazed that this product not only helps your body burn the excess unwanted fat, but it is moving your body towards greater health as well!

I am also sending you a **“List of Improvements on pHix”** that we have been observing as people have been on this product. Please look this over as a source for your consideration to observe in your own body, as well as in those loved ones or friends that are around you or in your acquaintance.

If this products seems to be helping you, then I am sure that you will want to share that with your loved ones and potentially help them as well!

3. How do you use the product – or what do you put it in?

You simply squeeze the blue sides of the Snap together with the white side pointed into the cup and squeeze from both sides to get the full amount into your drink.

Some people have also squeezed it directly into their mouth and sucked all the fluid out of the Snap!

Although you can use it in any liquid, what I recommend is using it either in filtered water, green tea, or an herbal tea. Of course, any juice, soda pop, carbonated drink or alcohol works as well.

May God truly bless you in your endeavor as you are seeking to improve your health by eradicating the rancid white adipose tissue in your body!

NOTE: Each Individual Results Will Vary! Not Everyone will have the same response!