



Welcome to “The Lean Gene Diet”

for Metabolic Reprogramming, Fat Loss, and Vibrant Health

This program is a *lot* more than some videos and pdf files. And it's *way* more than a weight loss diet. This is the *tool-kit* for *life-revolution*!

This program has been *meticulously* and *lovingly* prepared! Please read the introductory comments by the team who devoted themselves to creating it for you!

Paul Davies | Nutritionist, Naturopath, Herbalist

Every tool you need to shift your metabolism into top gear, into fat burning rather than fat storing, and for controlling your appetite is provided here in this program. It works.

I now challenge you to *work the diet*.

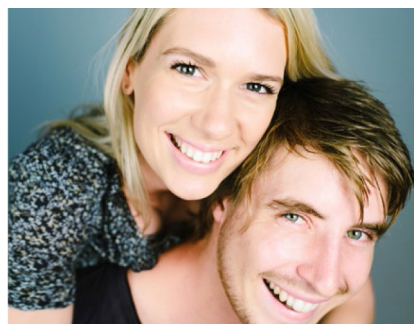
It has taken me years to gather the information.

And then there is the good fortune of having the other members of the team in my family! They were *crucial* to the assembling of the package as a whole.

But of course all of the gathered information would be mere theory if you were unable to implement it. That's where Truin comes in!



Truin Chapman | Graphic Designer & Food Magician!



Truin with wife Swan Davies

I had a lot of fun preparing the *Lean Gene Diet* friendly recipes for you. A lot of planning, and many discussions with Paul about what his requirements were have culminated in this beautiful catalogue of *simple* recipes that *anyone* can prepare and enjoy, and that you will be able to use *for your entire life*!

And I thank my wife Swan for assisting in the development of these taste sensations.

I hope you enjoy using the recipe book, and even more, enjoy the food you prepare from it, as much as I enjoyed creating it. In fact may you enjoy it even *more*!

Helen Davies | Psychologist



Of course what Paul & Truin have so carefully prepared is wonderful! If a simple lack of understanding about what you need to eat, and how to go about preparing it is your issue, then what they provide for you is all you will ever need!

But Paul and I were very keen to help people whose key issue is *not* actually *knowing what to eat*. Rather it is something deeper: something that may be there as a result of chronic stress or previous trauma which programs their subconscious mind to *want* to be fat.

In that case even if they eat *all* the right foods, so that their metabolism is reprogrammed, and their appetite is suppressed, they will *still* overeat to the point that they become overweight.

That's where I come in. My sections on motivation and dealing with stress & trauma will give you the heads-up on what to do and where to seek help!

This has been a collective effort. And we jointly wish you every success!

