



# WHAT WILL APEX DO FOR YOU?

## STOP INFLAMMATION & LOSE UP TO ONE POUND PER DAY

The focus of this program is to laser target the root causes of chronic and systemic inflammation along with all the ailments resulting from the dysregulation of hormonal function, the gut flora and the nervous system. Here are some of the benefits:

### 1. Improved Overall Health:

Reducing chronic inflammation enhances overall bodily function, supports a healthier immune system, and reduces the risk of chronic diseases.

### 2. Enhanced Energy Levels:

Lowering inflammation can lead to increased energy levels and vitality, allowing for better performance in daily activities and exercise.

### 3. Better Digestive Health:

Addressing inflammation can improve gut health, reducing symptoms such as bloating, gas, and discomfort.

### 4. Weight Management:

Chronic inflammation can contribute to weight gain and difficulty losing weight. By reducing inflammation, the APEX31 Day program can support weight management goals. We usually see approximately 10-12% in fat loss for women each time the program is done until the person is near 20% body fat. We also see approximately 12-15% fat loss each time the program is done by men.

### 5. Joint Health:

Inflammation is often associated with joint pain and stiffness. The program can help alleviate these symptoms and improve joint function by addressing inflammation. We have seen arthritic pain diminish greatly, if not entirely.

### 6. Mental Clarity and Focus:

Chronic inflammation has been linked to cognitive decline and brain fog. The program can support mental clarity, focus, and cognitive function by reducing inflammation.

### 7. Balanced Mood:

Inflammation can negatively impact mood, leading to feelings of anxiety and depression. The program can help stabilize mood and promote emotional well-being by addressing inflammation.

### 8. Long-Term Wellness:

The APEX31 Day program sets the foundation for long-term wellness and disease prevention by targeting inflammation and promoting overall health. The program as a whole offers a wealth of knowledge that will allow for personal health and wellness management long after the program is complete.