

GENESIS

SIDE EFFECTS are good????

Who says that side effects are bad, especially when the effects are in the likes of:-

- Desired weight loss/gain
- Improved digestion
- Detox of the kidney, colon and the liver
- Clear and flawless skin and smoother hair
- More energy and freshness
- Improved sleep patterns
- Reduced cravings
- Increased focus and concentration
- Decreased stress and greater clarity of thought
- A fitter, smarter, more positive and a happier you

Ready to change your life for the better??? Read on..

GENESIS - THE 90 DAYS BODY TRANSFORMATION PROGRAM

Tired of all the cheats and lies of the fitness industry?

Fed up of all the fad diets and dieticians?

Disgusted of the useless and often dangerous slimming centers?

Irritated with the inexperienced and uneducated trainers?

Angry with the new but often useless trends coming in the health and wellness sector every other day?

But, all you want is a person to whom you can look upto whether in terms of experience, knowledge, application or education.

Someone who is a mentor, a guide and moreover a friend who can help you in making a change in your lifestyle for the better.

A person who believes in educating his clients on every step.

A coach whose clients swear by his words and whose results speak volume of his credibility.

A consultant who is famous for taking over those cases on whom others have given up.

And above all a human being who has the ability to tell you the truth bluntly, rather than giving you false hopes.

Then look no further. After years of research and experimentation and meeting thousands of people from all walks of life "AKSHAY CHOPRA" decided to design a program which acts as a one stop solution for all the health and fitness problems for an individual.

AKSHAY believes that a single point program doesn't work for everyone. Though the basics remain the same but there are numerous variations which are required in terms of program design for each individual because it is not only the needs of an individual which vary but also because each one is a unique creation in their own selves.

There are number of differences which are to be considered for an individual before a program can be designed for someone to embark on the journey for a better lifestyle:

1. Physical characteristics
2. Mental makeup and thought processes
3. Genetic differences
4. Personal preferences and likings
5. Medical conditions
6. Lifestyle variations
7. Environmental and social differences
8. Aims and goals

Keeping all these aspects in mind AKSHAY has designed one of the most effective programs ever. This is named as "**GENESIS - THE 90 DAYS BODY TRANSFORMATION PROGRAM**"

This is India's first and only, one on one and completely individualized lifestyle transformation program. The bases of this program:

1. It is completely individualized - no single point approach for everyone. It is designed keeping "YOU" in picture
2. One on One - one of the few programs in which the client will be in contact with the coach through phone, e-mail, social media sites like facebook or through www.akshaychopra.com 24 hrs a day.
3. Both for weight gain and weight loss - this is first such program which consists of individualized programs for both weight loss and for weight gain. People are struggling with weight issues on both end of the spectrum. Whether you want to shed those extra kilos or want to get out of the extreme ectomorphic frame, "GENESIS" is for you
4. Variations - even the best program in the world is best only till the time your body adapts to it.

Genesis brings about timely variations to shock the body into transformation

5. No FADS - most importantly the program does not have any kind of

low calorie fad diets for weight loss or extreme form of eating to gain weight

No prescription of useless and dangerous supplements like fat burners

No use of diuretics and low carbohydrate, low salt diet to induce water loss in the name of weight loss or some cheap weight gainer for lean gains

No false and wrong hopes of weight loss or weight gain without exercise

6. Based on the simple and most effective formula which works in the long term:

"Clean Eating + Intensive Workouts + Adequate Sleep + Required Supplementation + Reduced Stress = A new and healthier you"

THE SALIENT FEATURES OF THIS PROGRAM

The program consists of the following features:

1. **A complete clean eating program for life** - this is not some short term low calorie diet schedule for weight loss or a heavy over feeding program for weight gain. It is the complete program based on the Indian way of eating which consists of:

A program which can be followed not for a particular time but for life. This is because GENESIS teaches you the correct and the traditional way of eating.

The diet system is based on our ancestral way of eating not on some westernized concept

It teaches you how to eat clean and not less

One of the few programs which helps in the detoxification of the liver, kidney and the colon enhancing not only nutrient absorption but also taking care of number of other problems in the body which an individual is unaware of.

It takes care of your cravings which occur when you go on some useless low calorie diet

The eating system is designed keeping in mind your tastes, preferences, allergies to particular food, availability of foods and other social and environmental factors.

Most importantly it curbs the inflammation monster rising in the bodies of all human beings in the modern society leading to hundreds of autoimmune disorders and other degenerative diseases.

The program educates you like no other and present before you research based facts tremendously increasing your knowledge base breaking the myths created by the food and drug companies. For e.g. traditional Indian breakfast like the paranthas in the north and dosas and idlis in the south and similar delicacies in the other regions of the country are the best and the healthiest foods you can eat. On the other hand heavily marketed

health foods like the cornflakes are among the leading cause of inflammation in the body.

And believe me that a clear skin, healthy digestive system and weight loss/weight gain are just a side effect.

2. **A complete 90 days workout schedule** - which initially break your myths about workouts and teaches you the right concepts of exercise science:

It is based on the facts that human beings are not made to run extremely long distances like you do in the marathons. Resistance training has always been the base of all activities of human beings since millions of years

The program combines the right amount of weight training workouts, a right mix of low intensity cardiovascular training and high intensity interval training.

It busts many myths like why crunches and sit ups are one of the most useless exercises in the gym, how trainers make you do a particular exercise repeatedly to waste your time, which are the best exercises your trainers don't make you do, unconventional exercises you have never heard of and many more

The workouts are small and intensive with monthly variations to induce maximum growth

Individuals struggling to gain weight will understand the ways to adequately stimulate their muscle to enhance nutrient absorption and induce lean muscle gains.

3. **Complete supplementation regime which tells you:**

Why basic supplementation is necessary for every individual today

How we as Indians are more reluctant to take supplements than our western counterparts.

How most youngsters are dangerously into supplements and why most adults are too afraid of them

Why most of the supplements advised by the trainers are almost useless like the fat burners and even the pre-workouts in most cases.

How to choose a supplement and not be fooled by ads of celebrities in the media promoting some useless supplementation.

How supplements are useful in reducing inflammation

How certain supplements can be extremely beneficial for people suffering from various medical conditions like type 2 diabetes, arthritis, hypertension, high cholesterol levels, fibromyalgia, chronic fatigue syndrome and many more

4. **One on one consultation comprising of:**

One on one consultation on phone, email or social media website

Any doubts in any part of the program at any time during the entire program

Any question which you think would be better expressed through one on one conversation

"GENESIS" starts with a complete know-how of the client by a detailed questionnaire. This is to get deep into the individual's lifestyle, preferences, choices and goals.

BONUSES

1. Each client gets a copy Akshay Chopra's first book "Why My Mom Never Went On a Diet" and subsequently the copy of the upcoming book 1/7 DETOX SYSTEM absolutely free of cost.
2. You can fix a personalized meeting with Akshay himself**

For enrolling in the "GENESIS" program contact Akshay via phone or email. Remember that this is a detailed and an ultra powerful personalized program, so only serious individuals to apply.