



Words from David Brown, formulator Of TruVision Health

David Brown, formulator of TruVision Health, shared information regarding TVH that's truly eye-opening. Read below what he says about the body and weight loss:

- Our products work with the body to re-educate the body. To teach it to start burning again the excess fat stored.
- TVH is designed to help your body get to a healthy BMI (body mass index – the % of body fat). Once you hit that BMI, it doesn't burn tissue. It doesn't make you lose weight you don't need to lose. It'll help you maintain and keep you at a healthy BMI.
- The reason people lose at different rates: If you've been carrying around extra weight since your youth, your body thinks a 40% BMI is a natural healthy state. It takes our product a while to re-educate the body to say, "No, that's not a healthy body weight." It's what you're body has become accustomed to – if it's been at that BMI a while, it'll take time to re-educate.
- There are three types of weight gain:
 - Genetic
 - Stage or plateau which is when you get older and gain, then gain more a few years later, etc.
 - Event – like a pregnancy or medication.

Of these 3 types of weight gain, usually the "event" weight will come off easier. Plateau and genetic weight gain will usually have plateaus as you come down in losing. Be patient, our products work with the body to re-educate the body. To teach it to start burning again the excess fat stored. Some of our bodies are "slow learners" and everyone's biochemistry or physiology is different. No two people will re-act the same when you introduce a supplement to the body!