

## -How to Use-

- 1.- Pour a small portion of body profile on your hands and rub them together vigorously to heat the cream.
- 2.- Massage the area you want to lose weight.
- 3.- We recommend covering the area with plastic wrap.
- 4.- Use the SOQI Bed for 30 minutes to 1 hour.
- 5.- If you want to take a shower after the session, we recommend waiting at least one hour.

## -Types of Massages -

**Waist:** Using your fingertips, rub your waist. Then, massage the abdomen in a clockwise direction. Using your fingertips, start from the waist and in a forward and backward motion make a large circle to the abdomen.



Massage the Body Profile around the navel in a large circle working in a clockwise direction, using both hands.



Stroke your abdomen with one hand following the other in a clockwise direction, using the whole surface of your hands.



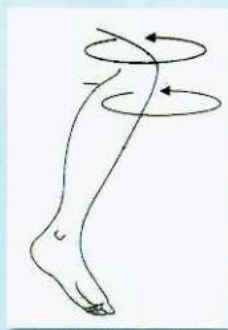
Gently squeeze at your waist, lightly pulling the skin.

**Legs:** With both hands, first massage the inside of the legs and then the outside. Afterwards you just need to massage your leg with both hands starting from the knee and ending on the hip. Stimulate the leg by using your knuckles beginning at the knee and ending on the hip.

Afterwards, slide your palms through the legs repeatedly from the knee and ending on the hip.



Apply Body Profile from your knees through your ankles.



Massage the inferior and superior side of the knees. Put your knees together and massage until you reach the toes.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Please read the product information carefully. Please consult with your doctor before using this product.*

For more information please contact:



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SOQI

BODY  
PROFILE



# What is Obesity?



Obesity is the excessive accumulation of fat in the adipose tissue. This excess of fat is produced when the amount of energy we ingest from foods is higher than the energy we used doing an activity.

Overweight and obesity are measured by the BMI (Body Mass Index) formula which relates the weight and height of a person with the mean to know if the person suffers from obesity. HTE has this easy to use tool that will help you know what your body mass index is, and you can get your BMI Table at our offices.



$$\text{BMI} = \frac{\text{Weight (lbs.)} \times 703}{(\text{Height (inches)})^2}$$

## Health Hazards of Obesity

The U.S.A, as a country, ranks number 2 in obesity according to a report by the Organisation for Economic Co-operation and Development (OECD).

Such report shows alarming numbers not only for the U.S.A but for other countries where their habitants suffer from obesity. In the U.S.A, as stated by the report; 28% of the population suffers from obesity.

The most common diseases caused by obesity are:

1. Heart diseases/ heart failure
2. Diabetes
3. Cancer
4. Hypertension
5. Respiratory Problems
6. Gout
7. Spinal Cord Problems
8. Depression
9. Others



(Information provided by the US Health Department)

Candidates to suffer from the above mentioned diseases is due to obesity:

- **Men** with a waistline more than 35.433 inches.
- **Women** with a waistline more than 31.496 inches.



A person who loses 8.5 inches of their waistline, is losing an average of 20-40% of fat accumulated on the abdomen.

(Report by the Secretary of Health)

## Why do we need to maintain an ideal weight?

To maintain our ideal weight we need to reduce the size of the fat cells, eliminate fat, boost the metabolism and transform fat into energy.

Fat Layer in Skin



Body Profile has thermogenic (produce heat) ingredients from the extracts of:

## Guarana



Guarana seeds have 4% of Guarana, natural caffeine that doesn't have any effect on the nervous system. On the contrary, it helps the body to consume calories more quickly and speed up the elimination of fat.

## Cinnamon



Studies such as the one undertaken by the Department of Human Nutrition, NWFP Agricultural University, in Peshawar Pakistan, show that cinnamon is effective in lowering (15 to 25%) the abnormally high glucose levels; cholesterol (between 10 and 35%) and triglycerides (between 20 and 30%). It also reaffirms the muscles and may reduce cellulite.

## Ginger



Ginger stimulates the digestive system and provokes a heat sensation at the gastric level. It promotes the discharge of things the body doesn't need, and also promotes sweating and detoxification.

## Capsaicin



Japanese doctors have discovered that this ingredient is on chilies and is the one that helps to burn fat since it stimulates the secretion of adrenaline and improves the metabolism. To burn fat we need heat, and capsaicin has proven to be very effective.