



client

Welcome Booklet

Are you ready?

Papilio 

ULTIMATE FAT BURNING SYSTEM... GUARANTEED

I'm ready

I'm ready

to like what I see in the mirror

to undress in front of my partner

to throw away my 'fat' clothes

to be energised and live life to the fullest

to feel great about myself and
be an inspiration to others



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WHAT IS PAPILIO

Papilio is a complete fat burning system, Guaranteed. This Jet Ski looking device is an encapsulated piece of exercise equipment that focuses on three simple principles to achieve the body of your dreams. Negative Pressure, Infrared Heat and Ketogenics.

The **Negative Pressure** removes all the air from an enclosed chamber below the chest, which accelerates fat-burning in the waist, abdomen, thighs and buttocks. The benefits are the destruction of cellulite, better circulation, improved skin texture, increased lymphatic drainage of toxins, improved skin firmness and increased flexibility, so you can kiss those unwanted centimetres goodbye and be energised with natural energy for hours after your treatment.

The **Infrared** is used to heat the lower half of the body. The focused heat agitates fat cells so their contents enter the bloodstream. This, combined with the negative pressure, pulls

the now free fatty acids from the target areas where they are then metabolised as an energy source, thus burnt away forever!

Ketogenics provided by **Ultra Lite™** is a balanced protein, carbohydrate and healthy fats, low Glycaemic Index, Ketogenic Weight and Health Management System. It has been in practice for 14 years and been critically acclaimed during that time. A loss of 2-4 kilograms in the first week is regularly achieved followed by a loss of 1-2 kilograms per week thereafter. **Ultra Lite™** allows the body to enter a healthy and effective metabolic state – ketosis. This is where the body depends almost entirely on fats as fuel, as opposed to ordinary circumstances where fats are used in conjunction with carbohydrates and proteins.

We have two variations of the equipment: **Papilio Horizon Recline Cycle** and a **Papilio Elite Treadmill**.



"Papilio" is the Latin name for "Butterfly". It symbolises those that have been trapped in a cocoon who will now be transformed into a beautiful butterfly.

Papilio is a complete guaranteed fat burning system that reduces centimetres, destroys cellulite and burns your fat or we give your money back.

AND WHY IS IT **FOR ME?**



What can I expect to feel?

You will walk out feeling energetic and light. The lower half of your body will feel hotter as your body temperature to that area is increased by up to 7 degrees.

After the session your body will continue to burn fat due to your metabolism being greatly increased. Please do not consume any carbohydrates for 4 hours or perform any other form of cardiovascular exercise as these actions counteract your altered metabolism during this time.

After the first few sessions you may feel softer or "flabbier" in your troublesome spots. Don't be alarmed by this as it is the beginning evidence that the treatment is working. When fat is stored and accumulated over a long period of time it is compacted quite tightly in any given volume of space. When fats are broken down quickly, there is less fat mass in the same volume of space, which means it moves around easier and is more "jiggly". This is great news, as in a few more treatments the skin begins to tighten around the area resulting in reduced centimetres, appealing shape and blasted fat!

How many sessions do I need and how much are they?

The cost will vary based on how much weight you want to lose. We offer free consultations so that we can provide you with an accurate costing of your individualised program.

20 Sessions is suggested as treatment duration.

4 sessions per week for 5 weeks achieves optimum results.



AFTER CARE GUIDELINES

Papilio is an excellent method of fat burning and shifting stubborn fat and cellulite.

To ensure that you achieve the best possible result, please follow the guidelines below if you are not on the **Ultra Lite Program**.



DON'T

Eat Carbohydrates after your treatment, including:

- Potatoes
- Pasta/rice/cous cous
- Bread and cereals
- Lentils and legumes
- Fruits high in carbohydrates including banana, apple, orange, pear and pineapple
- Confectionery or refined sugars



DO

- Drink at least 2.5 litres of water per day
- Book in your 4 sessions of **Papilio** per week
- If you are on **Ultra Lite Program**, please have your sachet, directly before and after your exercise to prevent muscle deterioration
- Maintain or continue to exercise on non **Papilio** days, even if it's only a walk around the block
- Refer to the **Papilio Nutritional Guidelines** for suggestions on what to eat.
- Tell your friends how incredible this treatment is!





NUTRITIONAL GUIDELINES

Nutrition plays a huge role in providing the body with an adequate supply of energy and nutrients for our cells and muscles to function properly. Whilst on the **Papilio System** it is essential that you follow the recommended diet plan to ensure full success with each session. Water is crucial for the detoxifying process of the **Papilio** treatment and it is highly recommended that you drink a minimum of 3 litres of water per day as dehydration and important minerals can be lost during fast fat burning.

What foods should I be eating?

The following are a list of foods that are recommended on commencement of the **Papilio System**:

Whilst on the program it is highly advised that you implement a diet that contains low complex carbohydrates and lean protein, plenty of fresh fruit and vegetables. The **Papilio System** works best in combination with a ketogenic approach such as the Ultra Lite weight loss program. To maximise your results of the **Papilio** training it is vital that you do not consume any heavy meals that are high in complex carbohydrates within 4-6 hours after your training. A suggested guide is between 5-12 grams of carbohydrates.

Foods to eat BEFORE commencement of Papilio training:

Before commencement of each training session it is important to fuel your body with a source of energy at least 1-2 hours before, containing at least 12 grams of carbohydrate. Carbohydrates are an essential part of maintaining a healthy diet and provide the body with good source of energy. Consuming the correct complex carbohydrates at the right time will allow you to achieve maximum results. Breakfast must be consumed before any **Papilio** training; it is essential to increase the metabolism, fat burning and to prevent any fatigue. (If this a struggle, make it a light meal but do not skip it).

Food suggestions:

- Whole grain wraps, rolls, oats
- Lean proteins
- Fresh fruit and salads
- Omelets, Sushi, soups

Clients on the Ultra Lite program are recommended to only eat given amounts of protein and carbohydrates to ensure ketosis can occur. It is important to be in ketosis when on the **Papilio** machine for maximum effect. It is also Important to consume a sachet before a session and immediately after.

Foods to eat AFTER Papilio training session:

To gain maximum results it is important to not consume foods within 4-6 hours that contain more than 12 grams of carbohydrate and drink plenty of water.

Food suggestions could be:

Lean proteins: Chicken, fish, lamb, salmon, tuna, egg, cheese.

Low carbohydrate sources: Salads, some fruit and vegies, raw nuts.

Snack ideas:

Can of tuna, almonds, hard boiled eggs, sliced vegie sticks with low fat cheese, protein bar/smoothie.

Foods to AVOID:

Avoid any foods containing high complex carbohydrates such as breads, cereals, rice, potatoes, pasta, chocolate, lollies, biscuits and alcohol. All of these foods covert to glucose (SUGAR) in the blood stream and store as fat, which is exactly what you trying to get rid of.

THE DESTRUCTIVE NATURE OF STRESS

We have all heard many times before that 'stress' is bad for us. But what we may not have heard are the reasons **why** this is the case and more importantly, **what** affect this has on our attempts at weight loss. The purpose of this article is to explain briefly what stress is, how it affects us and what we can do to prevent it.

Stress releases a hormone called **cortisol**. This hormone is widely renowned for ability to make people put on weight. For this reason, cortisol is commonly regarded as 'bad.' What is not common knowledge is that cortisol can also actually be 'good.' In fact, like many things that are misinterpreted as bad, cortisol is fundamentally required by the body to be balanced and healthy.

The question then becomes, if the body requires cortisol then why is stress (and therefore cortisol) so bad for us? To understand this, we must also understand the circumstances where cortisol becomes beneficial.

Cortisol has fantastic **fat burning** properties when it is associated with Human Growth Hormone as well as catecholamines (adrenaline and noradrenaline). What this means is that cortisol is extremely beneficial during activities of a short duration and high intensity.

Unfortunately, cortisol is not only produced under these circumstances. When it is produced in conjunction with elevated insulin levels, cortisol becomes a major **fat storing** hormone, which is what so many of us are familiar with. This is because insulin inhibits cortisol's ability to play its fat burning role. In return, cortisol inhibits insulin from doing its job, so the body requires more insulin than normal to achieve the desired effect.

Insulin is produced in response to elevated blood sugars, which means that every time you eat carbohydrates (which for most of us is every meal), your insulin levels will rise. This in itself is not a huge problem, but if cortisol levels are high at the time, then far more fat storage will occur than with either hormone individually.

This, in turn, has a snowball effect, because fat tissue also makes its own cortisol. This is because the enzyme 11 beta-HSD1 converts inactive cortisone to active cortisol. This is part of the reason why when a person puts on fat, it becomes easier and faster to do so over time (a problem many of us are very familiar with).

The key is to try and avoid having too much cortisol and insulin at the same time. This is tricky when you consider that **sleep deprivation, stress, alcohol and coffee all raise cortisol** on an ongoing basis. Another problem lies with the fact that **even if your diet and exercise plan is right**, these factors will **still** promote high levels of fat storage.





So what can you do?

Reducing stress, sleeping well and limiting alcohol and coffee are clearly important factors in one's quest for losing fat. Alcohol and coffee are life choices, but what of stress and associated sleep deprivation? How do we just 'turn it off?'

Stress, believe it or not, is a **choice**. It just appears not to be at times where circumstances get the better of us, and we **lack the control** of our minds to stop the rut before it becomes overwhelming. The **key to defeating stress** lies in having the ability to control your thoughts and **not** let them control you. Consider the following techniques next time you feel overwhelmed.

Try to find the **positives** in every situation. If there appear to be none, think about the **lesson** you can learn from the circumstances that will position you better in the future. Affirm **positive thoughts** about yourself and others in your mind. **Compliment people** instead of judging them.

Appreciate what is the same, instead of what is different. Instead of feeling doubt and fear, enforce **courage and self-belief**. Perform relaxation activities whenever you can like **meditation, yoga or walks in nature**. Spend more **time outside** and away from your phone or TV. Above all, try not to stress about **things outside your control**. Learn to **accept** things as they are, and **be proud of yourself** for doing everything within your abilities to make things better.

Like so many things in our lives, our minds respond best to **repetition**. The more you repeat to yourself that you can do something, the more likely you are to believe it subconsciously. Given that an estimated 97% of our brainpower is stored within our subconscious, it stands to reason that if you can re-train your subconscious mind to **believe** in you instead of doubt you, then you will be well on your way to reducing stress and leading a much happier life.

‘Try to find the
POSITIVES in every
situation.’



WHAT IS FAT?

Most people misunderstand fats. **Fat cells in the body are different to the fats we ingest in our diets.** The purpose of fat cells is to be storage containers of excess ingested fats (called fatty acids) and toxins such as heavy metals, plastics and pollutants. Fat cells can therefore increase or decrease in size, depending on the quantity of substances within them. This results in drastic changes in body shape.

Fatty acids that cannot be manufactured internally by the body are called Essential Fatty Acids (Omega 3 and 6). These fats must be consumed in a healthy diet and are responsible for the function and development of the brain and nervous system, while helping regulate thyroid and adrenal activity.

When people lose weight, what they really mean is that they have lost a combination of fat, water, protein and carbohydrates. The quantity of each component that they lost depends on the method by which they lost the weight. In many cases, when people lose weight rapidly, they lose a higher quantity of water and proteins (mostly their muscle

mass) than from actual fat. This leaves them in a poor state of health and their metabolism is slowed, their toxicity level is increased, and often results in a 'ballooning' effect which has the effect of putting weight back on.

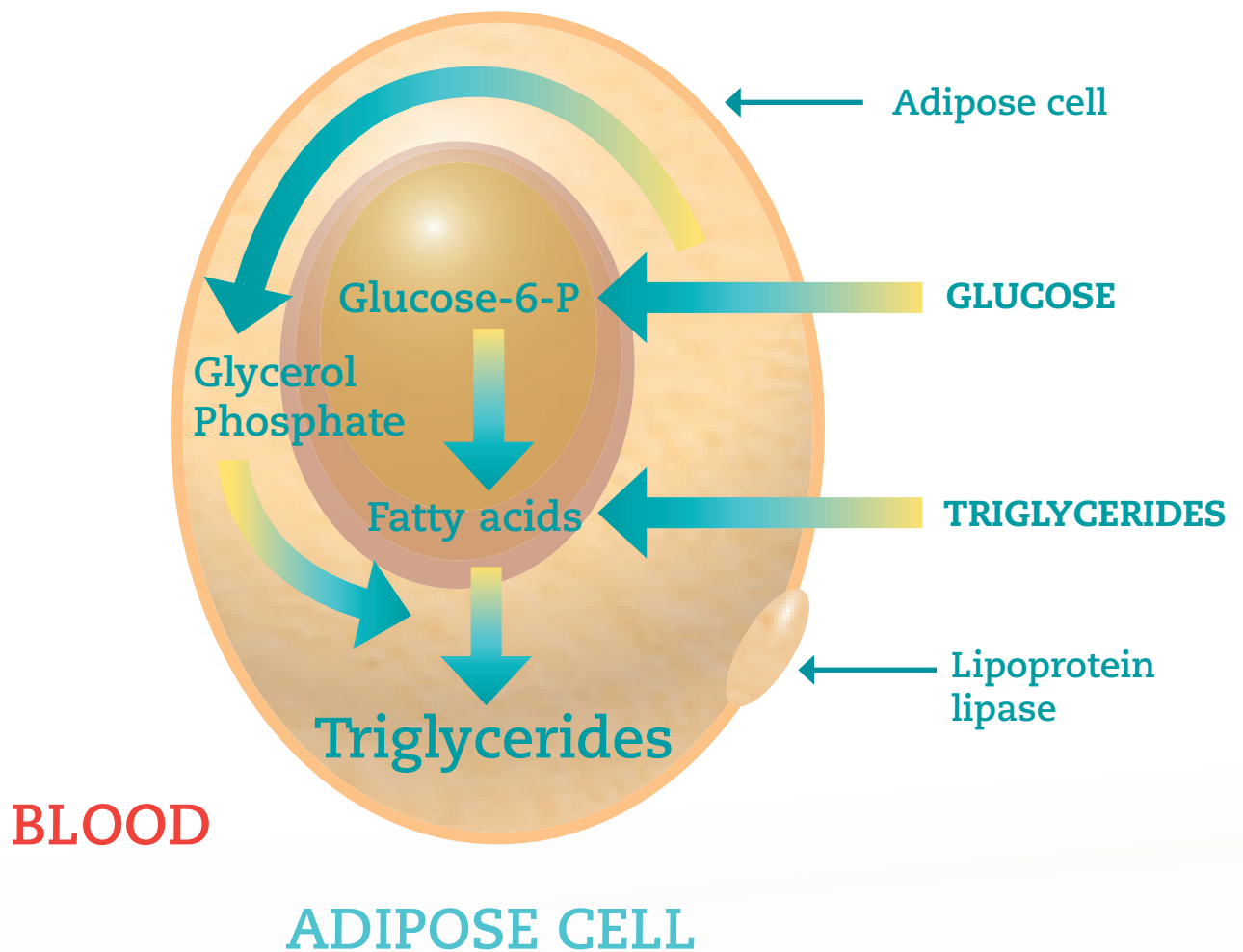
There are a few proven ways of burning fat almost exclusively. One is by a ketosis diet, as this changes the body's normal metabolism into fat burning mode. Another is by exercising in a respiratory zone known as the 'fat burning zone.' Other ways are by subjecting the body to forces that manipulate the fat cells to lose their contents into the bloodstream or by heating fats to make them water-soluble so they are excreted through sweat. These can then be burnt as energy if the person is exercising at the time.

What makes **Papilio so effective** is that it combines all of these treatments into one, which **accelerates the fat burning process to unprecedented levels**, without getting rid of the chemicals your body needs to function healthily and efficiently.



FAT CELL DIAGRAM

ABSORPTIVE STATE (INSULIN PRESENT)



WHAT IS A PROTEIN?

Protein is one of the single most important types of chemicals found in the body and in our nutrition. Proteins are made up of 20 different amino acids, and the order of those amino acids determines the function of the protein.

It is for this reason that protein is responsible for the formation of DNA, RNA, muscle tissue, organ tissue, neurotransmitters, skin tissue, hair, red blood cells, immunoglobulins, antibodies, and bone amongst other things. Protein requires water to break it down and rearrange it, so an increase in protein intake demands an increase in water to process it.

Some amino acids can be manufactured internally by the body. Others (the Essential Amino Acids) cannot be manufactured and need to be ingested in our diets. Foods that contain all the essential amino acids are called complete proteins.

It is important to recognise that protein is also used as a source of energy by the body under certain conditions, such as anaerobic exercise and low-protein, calorie counting diets. If dietary protein is inadequate then the body must break down those previously listed important body tissues in order to meet protein requirements. This is extremely counter-productive to your health, and results in such problems as a decreased muscle mass, slower metabolism, suppressed immune system, decreased bone density, worsened skin condition, and decreased brain activity.

Protein breakdown is not wanted during fat loss, and it is important take the steps necessary to prevent this where possible. Calorie burning using the fat burning respiratory zone under mild resistance like the Papilio system is one such method.



WHAT IS A CARBOHYDRATE?

Carbohydrates are the body's main source of energy. They used to be classified as being either simple or complex but now they are classified according to their glycaemic index. The glycaemic index scales carbohydrates according to how long they take to absorb and how quickly they raise blood sugar levels. Foods may be low, medium or high on this index.

Examples of foods that are rich in carbohydrates include breads, cereals, rice, pasta, legumes, fruits, milk, yoghurt, sugar, potatoes, corn, and many processed foods. All foods that contain carbohydrates are converted into simple sugars - mainly glucose - by the body's digestive system. This glucose is then transported to cells via the blood stream.

Insulin is released by the pancreas to help the glucose move from the blood into the cells. Once inside the cell, the glucose is burned along with oxygen in order to produce energy. Any excess glucose in the body is converted into glycogen which is stored inside the muscle tissue and the liver. This glycogen is ready for use if blood sugar levels should drop.

Glycogen only exists in the body for 24 hours. After this time, the excess is converted to fatty acids, which are then stored in fat tissue. It is in this manner that excess carbohydrates, especially sugars, can directly result in a person putting on weight in the form of fat.



WHAT IS THE IMPORTANCE OF WATER?

Water is absolutely vital to the human body. The body is made up of as much as 75% of water and it can last for a matter of only days without it. Water is the basis of the blood, the digestive juices, urine, and sweat, and is contained in muscles, fat and bone. Water cannot be stored by the body and thus needs to be replaced every day.

Water is essential for:

- Maintaining the health of the cells
- Keeping the blood liquefied and flowing correctly throughout the body
- Eliminating waste products
- Regulating body temperature
- Lubricating and cushioning joints
- The digestive process
- Moisturising the skin
- Transporting nutrients and oxygen
- Acting as a shock absorber in the body

Dehydration occurs when the body does not have enough water, and it can be acute or chronic. Acute dehydration occurs when the body is depleted of water due to things such as heavy exercise or hot water and it can be easily fixed by increasing fluid intake. Chronic dehydration is more serious and it occurs when the body does not have enough water over a prolonged period of time. Some symptoms of dehydration include: headaches, lethargy, changes in mood, dry nasal passage and dry or cracked lips, urine that is dark in colour, weakness, tiredness, confusion, and even hallucinations.

Some people will need more water in their diet than others. These include those that are on a high protein or high fibre diet, children, those that are physically active, those living or working in hot conditions, and people suffering illnesses that cause vomiting or diarrhoea.

Six to eight glasses of fluid should be consumed each day as a general guideline. More may be required for some people. Sources of water include fluids such as water, coffee, tea, milk, juice, soft drinks and soup. Water can also be found in most foods and is a by-product of the chemical reaction that occurs when we inhale air.

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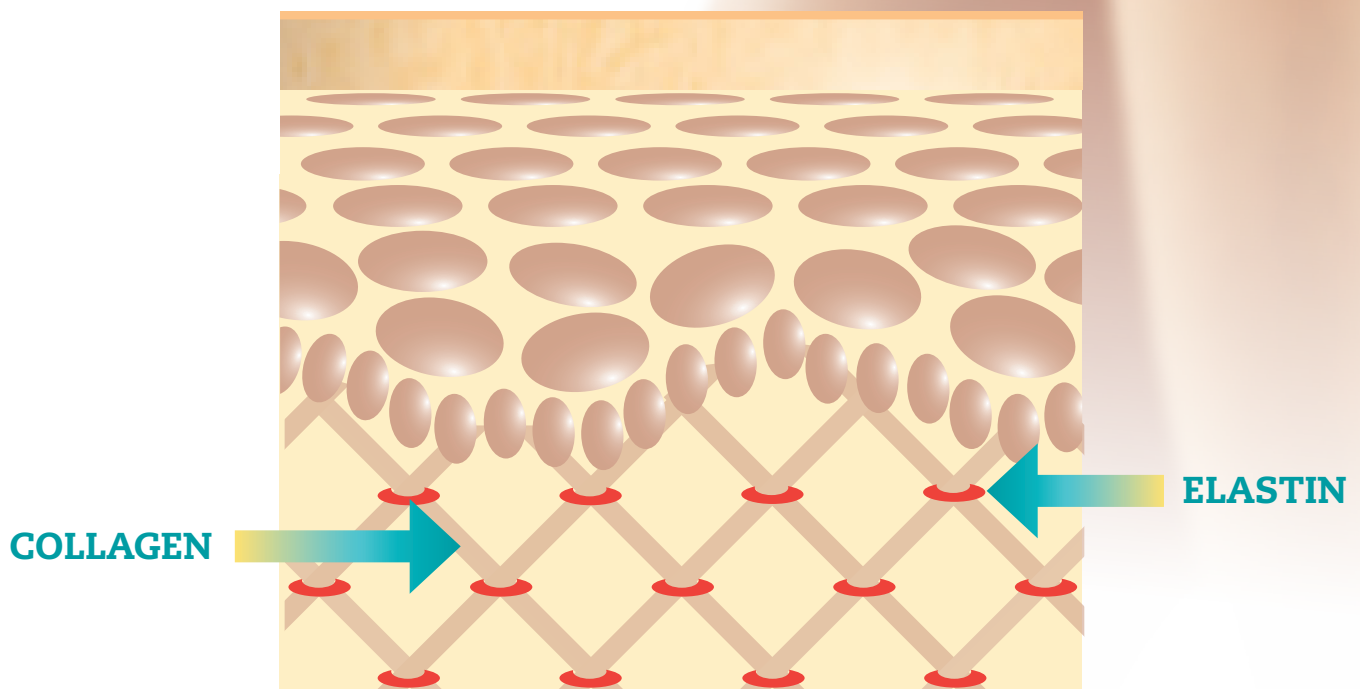
WHAT IS COLLAGEN LED STIMULATION

Collagen and elastin are two chemicals in the connective tissue beneath the skin that are responsible for elasticity, wrinkles and aging. The LEDs used are light emitting diodes that emit specifically formulated frequencies and wavelengths that can increase the production of these chemicals.

The features of such a treatment are that it can minimise fine wrinkles and reduce scarring, improve skin discolouration, reduce age spots and decrease flushing when caused by enlarged blood vessels.

It is suggested that treatments last for 20 - 30 minutes, at a minimum of once every 7 days for 5 weeks. LED treatment should be avoided if the client has epilepsy, thyroid conditions or is photo-allergenic.

SKIN LAYER





FREQUENTLY ASKED QUESTIONS

Q. Is Papilio New?

- A. Yes and No, the Machine is the first of its kind in Australia, however the technology of Infrared and Vacuum and therapy has been a huge success in Europe for over 15 years. All of its components have been independently tried and tested. We are excited to be innovators of this system and to have brought this level of service to Australia as market leaders.

Q. What are the benefits of having Papilio Treatments?

- A. Papilio manipulates the blood to the lower half of the body enabling the hard to shift fat to be used as energy and thus reducing centimetres, destroying cellulite increasing circulation and stimulating lymphatic drainage.

Q. How much does a Papilio Treatment Cost?

- A. The cost will vary based on how much weight you want to lose. We offer free consultations so that we can provide you with an accurate costing of your individualised program.

Q. How intense is the workout?

- A. Not at all. It shouldn't even be considered a workout by the normal interpretation of the word. All it requires is for you to walk between 3-5km/h for 30 minutes. This is about half the speed you walk through shopping malls!

Q. Is Papilio Australian owned?

- A. Yes, Papilio is Australian owned and operated. It is the brainchild of Australian entrepreneurs who have all dedicated most of their lives to health, fitness and wellness. Their vision was to create the most time efficient, easy, non-invasive and low intensity method of fat loss imaginable.

Q. What is Papilio and what is it all about?

- A. Papilio is the Latin name for "Butterfly" It symbolises those that have been trapped in a cocoon who will now be transformed into a beautiful butterfly. Papilio is a complete guaranteed fat burning system that reduces centimetres, destroys cellulite and burns your fat or we give your money back.

Q. How many Treatments will it take to get rid of my fat?

- A. Papilio has a cumulative effect, whereby the connective tissue of the skin becomes healthier over time. An initial assessment of a client's condition will determine the likely number of treatments that is necessary to achieve the result they desire. A suggested minimum is 20 sessions.

Q. Does Papilio work on Men?

- A. The Papilio treatment works even more effectively on men than on women because of the genetic composition of their connective tissue. Target areas tend to be more often their chest love handles and stomach rather than thighs, bottom or hips.

Q. Do Papilio sessions have any negative side effects?

- A. Papilio may cause light-headedness, headaches or nausea, in clients who are dehydrated or who have low blood pressure. Always remember to drink 2-4 litres of water per day and check the list of contra indications for the treatments.

Q. What is the difference between Papilio and normal exercise?

- A. In a normal exercise scenario the muscles would request fatty acids as its energy source, made available from the upper body instead of the lower body. After your course of treatments your body learns to take the most easily available energy from the lower body instead of the upper. This is called genetic overwriting. It occurs due the repetition of having the body subjected to an artificial force, making it do something it doesn't do very well

Q. Will I lose weight from the treatment?

- A. This will depend on your starting weight, but most clients experience a minimum of 8kg of fat loss in 5 weeks, with the dramatic reshaping of their abdomen, legs and buns. You can expect to experience increased firmness and toning coupled with a large reduction in centimeters – guaranteed.

Q. Won't I just put weight back after I finish the program?

- A. No, not unless you make a long series of bad choices! Your metabolism is greatly increased at the end of the program, which means your body is burning more fuel than it used to. This is because hardly any of the weight you lost comes from muscle and water – it comes from fat. Once those fats are burned, the only way they can come back is if they enter the body from your mouth first.

Q. Has Papilio been scientifically proven?

- A. The individual therapies Papilio include within its system have been proven by science to be beneficial to the human body as well as tried and tested in a practical sense. You can find more information on our website. www.papiliosystem.com.au

Q. I am on fat-soluble medication. How will rapid fat loss affect this?

- A. You should consult your doctor to find out the toxicity of the medication you are taking. Fat-soluble drugs store in the fat and balance themselves against the concentration in the blood. If you have been on this medication for a long time, then there may be a lot of it stored in your fat, so when that fat is lost, the chemical is also released into the bloodstream. The effect of this will depend on the medication you are taking, so please consult your doctor before doing the Papilio System if you are on fat-soluble medication.

Q. Will I become dehydrated from the infrared?

- A. You can potentially become dehydrated if you do not drink any water or if you have alcohol or sugary drinks prior to the treatment. It is important to consume water throughout the therapy and your vital signs are monitored by the therapist.

Q. I am pressed for time. Do I have to do every component of the Papilio System?

- A. You don't have to do the whole system to experience great results. The appeal of the System is that all its parts work independently as well. Clients wishing to use just the Negative Pressure for example will get fantastic core and lower body shaping and contouring. Clients who just want to focus on the Infrared will also get specific results. Ultra Lite can also be done on its own and achieve fast, healthy and effective weight loss.



your studio contacts



Your Papilio Consultant is: _____

Your Studio Phone Contact is: _____

Your Weightloss Goal is: _____

Your Compelling Reason is: _____

Notes and Comments: _____

Papilio 

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I'm ready