

Day One

Introduction to Matured Hop Extract - Phix

Congratulations, you now have a postage package with many little pieces of plastic containing the precious liquid. Let's cover some basics:

What is Phix: Mature Hops Extract (MHE-3™)

Mature Hops Extract, is made from the mature hops plant using a special extraction method. This process makes the active ingredients of the hops extract stronger and potentially more effective at promoting fat burning and regulating our metabolism.

This unique isolated extract of hops has never been used in any form of nutritional supplement. It is significantly more potent, bio-available and more effective than the other forms of Hops. It causes natural fat-burning by activating brown adipose tissue which increases the body's thermogenic response.

It has no colour or taste and can be added to any liquid. Super exciting that we have access to it and can gain so much benefits from it.

Timing of Phix intake

Dr Bower is recommending taking 2 sachets a day, one in the first hour upon waking and the second one 8 or 9 hours later. Take Phix with water and drink a lot of purified water during the day (see video link end of this doc).

One of the naturopaths has said around 6-7am and then around 2-3pm for the second one. Reason being you want to still be physically active while Phix is at its peak. Towards the end of the 9hrs the activity may have waned a bit. Others have noted 'if I took it late in the day I was to alert at bed time'.

Medical conditions and Phix:

The recommendation is to take pHix 2 hrs apart from any prescription medication.

You should discuss any issue with your treating doctor and provide all relevant information about pHix. They can google bitter hops extract.

There have been people who have found their blood pressure has dropped by using pHix.

Photos and Self-assessment or reflection points

Before you start, please take photos, measurements and have an overall check in on yourself as to how you are feeling. This is important for your journey, education and selfcare. Items can be used for promotion later if you want, most importantly it's for you to reflect upon.

- It's important to rate your energy levels on a scale 1-10 (10 being the best).
- How is your sleep?
- How many hours do you sleep and how do you feel when you wake up?
- Do you have cravings or pain in the body?
- Write it down and take photos.

Lifestyle and Supporting the Process

There are changes occurring in your body. Many people are living the same lifestyle and food intake, others are using it as a support for change and long term benefits so pHix weight loss isn't another fad.

- Drink good quality water. Two litres and don't skimp, it's a pathway for toxin removal.
- Remember the body is repairing and fixing your metabolism while you are taking pHix, so there will be changes happening.
- Observe, take note, support the body by eating a clean unprocessed diet, exercise and support your body the best you can while you are going through that process.
- Your body will naturally go through a detox as part of the process. pHix appears to work with what your body needs first, hence why some people are finding they have fat loss quickly while others are finding improvements in other areas before the fat loss kicks in.
- Some people say you don't have to change anything and can just continue with your usual habits. However, we don't want it to be fat off, fat on. We are taking pHix to burn visceral fat which contains rancid, old fat and toxins, so we need to support the body to eliminate it.

Website: Information, Video & Summary

I highly recommend you visit this webpage: [How to Use: Protocols, Tips and Recommendations](#)
The page offers more information about pHix and your body's priority in becoming an overall healthier person.

Video (7mins) by Dr Ben Bower (D.C., E.M.P. Functional Medicine Doctor)

Conclusion

So far there are many excellent results and feedback, can't wait for all of you to see awesome results.