



A New Scientific System that  
**KEEPS THE WEIGHT OFF!**



# Save Your Life... Look Great... Using Food Science

**Ann-Marie Toomer Gayle** was at first sceptical when her doctor introduced her to the ITK Wave Diet System in May 2016. Having tried dieting before and failing, she was not excited to start another diet system, especially one that she had not heard of before. But weighing 295 pounds and tired of feeling lethargic all the time, she decided to try the system.

Eight months later and 65 pounds lighter, she was happy that she did. It was just after the Christmas holidays and Ann-Marie was celebrating the fact that she was able to finish the season without gaining weight.

"When I went on the scale this morning I said yes! I didn't gain one ounce. I mean it is just the discipline that you gain when you are on the ITK system. You still eat the things that you like but in moderation," she said.

The ITK Wave Diet System introduces a personalised meal assignment for individuals who are seriously ready to lose weight. The meal assignments are distributed on a weekly basis utilising ITK's breakthrough formula.

**"Because the results were happening before my eyes, I was very motivated... I lost approximately 45lbs."**

**Chief Executive Officer George Rattray**, who lost 120 pounds in 10 months, explains that the system was designed to better the gastric modification procedures utilising the ITK specialised formulas, along with multiple proven principles of weight management.

He says the meal assignments vary from week to week to avoid boredom and includes all types of proteins, vegetables, fruits, wholewheat bread and cereals. It also allows cheat meals on special occasions, after consulting with a coach.

Mr. Rattray informs that the average weight loss for the ITK diet is two to four pounds per week. This, against the average weight loss for gastric modification surgery which is one to two pounds per week.

Statistics show that the number one new year's resolution is to lose weight. Those same statistics show that approximately 85 per cent of people who lose weight regain it.



**TABIA MCGRAHAM**  
lost 40lbs in 4 months



**DOMINIQUE RUSSELL SYKES**  
lost 50lbs in 6 1/2 months



**KENNETH ROWE**  
lost 54lbs in 3 1/2 months



**SHARI HYATT**  
lost 55lbs in 6 months

Mr. Rattray says the Maintenance Phase of the ITK Diet System is designed to ensure that this does not happen and members maintain their weight loss.

**Chief Operating Officer, Andrea Bryan** notes that the ITK Wave is different and is not a fad diet but a system which encourages and motivates members to create new habits aimed at keeping the weight off.

The key to the success of the system is communication. "We encourage members to communicate openly, regularly and honestly," she says.

Members are asked to record their actual meals on a daily basis, as well as weight changes and other critical measurement data. "It is important that this information be given to us, as this will help us formulate our members' next meal assignment," Miss Bryan adds.

To aid in the process, the ITK Online Meal Tracker Database was developed. Miss Bryan says the system greatly improved

the method by which members log their weight and meals. It also enabled the ITK team to better monitor, analyse and assign meals.

She explains that the meal tracker database officially came online for ITK Wave Team members in March 2016 and the ITK Maintenance Clients in July 2016. The vision, she says, is for members to comfortably log and report actual meals to the ITK team weekly, ensuring that discipline and structure are maintained.

The database also allows the ITK team to track daily, weekly and periodic progress as members lose weight; keep track of previous meals and body responses to assignments; enter and update vitals such as body fat percentage, BMI, blood pressure and waist size and keep a daily track of calorie intake.

Members receive new weekly assignments based on performance of the previous week to ensure weight loss is maintained. Miss Bryan also encourages participants to join various communication groups and correspond with their mentors and coaches who are assigned at the beginning of the Programme.

**The Maintenance Phase of the ITK Diet System is designed to ensure that weight loss is maintained.**

"We also have ITK challenges. This is to ensure that members remain motivated throughout their journey to wellness," Miss Bryan informs.

As a member of ITK who lost 40 pounds in four months, Miss Bryan says an important outcome is that persons learn how their body reacts to different foods, when to eat what foods and how to control their cravings.

## Maintain Weight Loss

These are the tools that help Ann-Marie on her weight loss journey. "I mean it helps me because I know now how to monitor the food that I eat. I'm on a maintenance programme, so I monitor what I eat. I may indulge a little but the programme helps me to keep on track," she says.

**Denworth Finnikin** embarked on his ITK journey in June. He describes the system as "challenging at first, especially in the first two weeks. "But because the results were happening in front my eyes, I was very motivated... I lost approximately 45lb".

Like the others, 20-year-old **Dominique Russell Sykes** also began the ITK System in June and has dropped 50lb since then. He feels better both physically and mentally.

"Anyone who does the diet and sees that they are losing weight will mentally feel better as well as physically, and will see that they will perform better throughout the day," he encourages.

**Find out more about the ITK Wave Diet System at:  
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