

## Ancient Javanese Diet Secrets

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### 1. GOLDEN DETOX ✨

*Kunyit Asam - Turmeric + Tamarind*

Start your weight loss journey the Javanese way. Golden Detox combines bright yellow turmeric with tangy tamarind to cleanse your system and kickstart your metabolism. Javanese women have used this ancient formula for centuries to control appetite, reduce bloating, and maintain their slim figures. The golden turmeric burns fat while tamarind flushes toxins naturally. Drink one sachet every morning before breakfast and feel the difference within days.

**Use:** One sachet daily before breakfast

**Benefits:** Detox, appetite control, reduces bloating, kickstarts metabolism

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### 2. FAT BURNER 🔥

*Galian Singset - Traditional Slimming Formula*

Java's #1 slimming secret, now in North Carolina. Fat Burner is the legendary Galian Singset formula made from white turmeric, Dutch teak leaves, and ancient herbs scientifically proven to reduce body fat. This powerful blend works by shrinking fat cells, tightening your midsection, and helping you achieve that slim, toned look naturally. Take twice daily after meals to attack stubborn belly fat and see visible results in 2-3 weeks. No gym required, just Javanese wisdom that actually works.

**Use:** Twice daily after meals

**Benefits:** Burns belly fat, tightens midsection, reduces body fat, proven results

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### 3. JAVA BOOST ⚡

*Temulawak - Javanese Turmeric*

Supercharge your metabolism with Java's secret weapon. Java Boost uses Temulawak, a rare Javanese turmeric that's 3x more potent than regular turmeric for weight loss. This powerful root fires up your metabolism, helps your body burn calories faster, and supports liver detoxification for better fat processing. Unlike regular turmeric supplements, Temulawak has been Java's metabolic booster for over 1,000 years. Drink daily to turn your body into a fat-burning machine, the natural Javanese way.

**Use:** Once daily

**Benefits:** Speeds metabolism, burns calories faster, liver detox, ancient formula

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#### 4. GALA ENERGY

*Beras Kencur - Rice + Aromatic Ginger*

Clean energy without the crash, the Javanese athlete's secret. Gala Energy combines rice and aromatic galangal root for natural, sustained energy that keeps you moving all day long. Unlike coffee or energy drinks, this traditional formula energizes your muscles, aids recovery after workouts, and boosts stamina without jitters or caffeine crashes. Javanese dancers and workers have relied on this refreshing drink for centuries to power through long days. Perfect before workouts, during afternoon slumps, or anytime you need that extra push.

**Use:** Before workouts or afternoon energy boost

**Benefits:** Natural energy, no crash, aids muscle recovery, boosts stamina

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#### 5. SLIM GUARD

*Jati Belanda - West Indian Elm Leaves*

Your personal bodyguard against fat storage. Slim Guard uses Dutch Teak leaves to literally block your body from absorbing fat and cholesterol from the foods you eat. This protective herbal tea creates a barrier in your digestive system, trapping dietary fat before it reaches your bloodstream and helping you maintain your weight loss results. Javanese women drink it with meals to enjoy their favorite foods guilt-free. Take 1-2 cups daily with your largest meals to protect everything you've worked for.

**Use:** 1-2 cups daily with meals

**Benefits:** Blocks fat absorption, prevents fat storage, protects weight loss results

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### THE COMPLETE JAVANESE DIET SYSTEM

Start with: Golden Detox (cleanse)

Burn fat with: Fat Burner (attack existing fat)

Speed up with: Java Boost (metabolism)

Stay active with: Gala Energy (natural energy)

Protect with: Slim Guard (block new fat)