

Releasing Weight - A Simple & Smart Event with a SOLUTION

"I lost a total of 10 pounds during the challenge, but most of all, I feel great! I don't think I could have done it without all of the support I had. My husband and family supported me 100%, and talking to the other participants was a huge help knowing that I was not the only one learning my body. I will carry on with my new eating habits and continue to learn more about being and living healthy, for not only myself, but also for my family. Thank you again for allowing me to be apart of this challenge and for all the positive thinking."

-Barbara, 38

"I wanted to let you know, that at the end of this 4-week challenge, I hit my first goal with this new lifestyle and my weight went under 180lbs. That's over 17 lbs lost to date! I released more weight in 4 weeks than I have in two years...and it was simple too! My wife is definitely losing inches as well and we are so happy to be doing this together. The best part is the education you provide because now we can do it on our own."

-Jim, 45

What Will Your Testimonial Say?



Because we know how frustrating it is to feel hopeless at the game of losing weight, we thought some **valuable education** and a proven 4-Week Program with lots of **support** and **accountability** would be a **Simple Solution** for you!

Fact is, diets don't work, there is no magic pill or quick fix. The reason most people fail and throw in the towel so soon is because they have practiced failing eating habits for too long. That is why at this event, we will teach you how to **create winning eating habits** which result in **sustained weight loss!**

When you attend this seminar event you will learn the benefits of eating low-glycemic foods and how they **naturally boost your energy** each day. You will understand how you can feel more satisfied with less calories and burn more fat! Discover what **tasty foods** actually curb your carbohydrate cravings and allow you to feel and perform like you have always wanted.

This seminar begins *promptly* at 6:30pm EST with some valuable education. We will then **answer your burning questions** and present you with a valuable solution... A proven and achievable 4-Week Program like nothing you have ever tried before! It will provide you with all the tools required to **ensure your long term success!**