



Is some- thing **STOPPING** you from losing **FAT?**

What Body Shape are you?



**FREE
WORKSHOP**

CALL (978) 682-0200

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SOME HIGHLIGHTS:

- Learn why people are **NOT LOSING FAT** in the stomach despite all efforts to diet and exercise?
- Find out why **HIGH** protein diets **DO NOT** work for certain people.
- Learn the “**SLEEPING** problem” connection to a **SLOW METABOLISM**.
- Is something making you get up in the middle of the night (2:00-3:00am) and **PREVENTING YOU FROM GETTING BACK TO SLEEP?**
- Learn the **HIDDEN** cause of **FATIGUE** and **BRAIN FOG**. Find out what is preventing you from getting your **ENERGY** and **FOCUS** back?
- Find out why a person could have a **CALCIUM DEFICIENCY** despite taking calcium supplements or even consuming calcium rich foods.
- Learn a **BIG** reason why **KNEE** and **BACK PAIN** doesn't always go away.
- Learn what **CRAVINGS** to sweets, breads, chocolate and salt mean?
- Understand the 4 body shapes and their characteristics.
- Learn the biggest mistake people make while exercising, which involves burning **SUGAR** instead of burning **FAT**.
- Learn the common denominator behind tendonitis, bursitis, twitching under the left eye, leg cramps, tartar on teeth and right shoulder tightness.
- Find out why nervousness, stress and worry can stay in the body and become difficult to get rid of, espe-