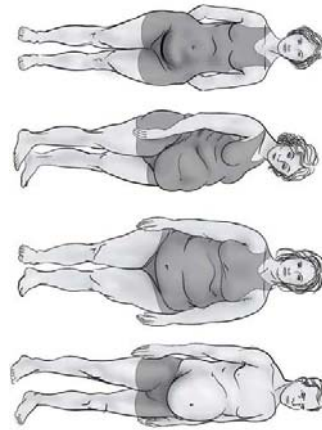


Each body shape requires different solutions. Most people are attempting to solve their weight PROBLEM without ever knowing the real cause. Before YOU jump into the next solution -diet, diet pill, or exercise program - learn the missing step - get an understanding of WHY you have stubborn weight in the first place.



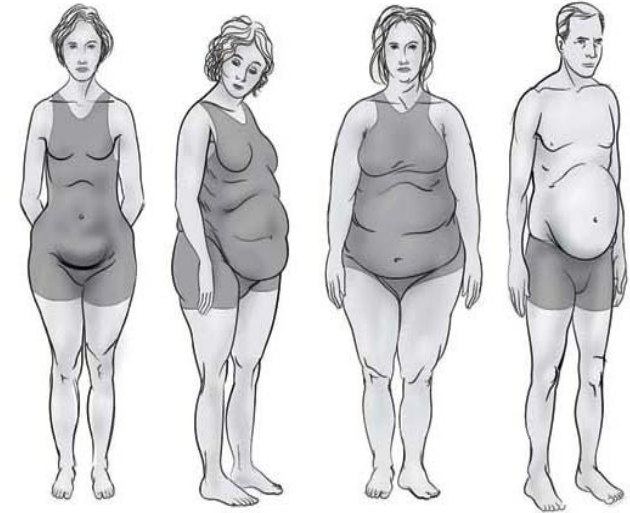
Find out what your cravings mean metabolically. Each type of craving indicates different problems within your body.



NATURAL
Health Services

380 Merrimack Street
Methuen, MA 01844
978 682-0200

Find out what's really behind BODY SHAPES!



Look Familiar?

FREE WORKSHOP

Can't fit into your CLOTHES?
Frustrated not being able to SLEEP?
FATIGUE affecting daily functions?
Tired of PAIN not going away?

CALL (978) 682-0200

Natural Health Services
380 Merrimack Street
Methuen, MA 01844

Tired of taking pills for PAIN and INFLAMMATION?

Do you have . . . ?



Stubborn Weight - Slow Metabolism
Fatigue
Sleep Disturbances
Cravings - overeating
Emotional: anxiety - depression
Joint Pain
Knee Pain - Back Pain
Muscle Pain
Inflammation & Stiffness
Female Problems
Fertility issues
Respiratory symptoms
Sinus problems or allergies
Urinary problems
Digestive distress
Bowel Problems
Skin eruptions & Itching
Blood pressure - Cholesterol
Blood sugar (low or high)
Mental clarity and focus problems
Attention trouble
Immunity and Resistance
Eye and Ear problems
Thyroid or heart problems

HIGHLIGHTS:

- Learn WHAT can distort your mid-section into a large belly and prevent weight loss even with hard-core EXERCISE or DIETING.
- Learn the 4 body shapes and the characteristics of each shape.
- Learn the biggest reason WHY you might initially lose some weight from DIETING but then gradually GAIN more and more of it back over time.
- Learn what affects SLEEP cycles—difficulty getting to sleep; waking up 2-4 hours after falling asleep; not able to get into deep rejuvenating sleep; or rarely feeling rested or awake the next day? Not getting deep rejuvenating sleep can block weight loss, and even cause depression!
- Before you accept the “YOU’RE GETTING OLDER” or IT’S YOUR GENES”, or “IT’S JUST STRESS” - come to this educational seminar and get vital insights into YOUR health situation.
- Is your metabolism worsening with age? Find out what occurs at a metabolic level to your fat-burning capacity.
- Find out how metabolism affects WHAT you crave (chocolate, carbohydrates, bread, salt, etc.)?
- If eating fewer calories causes weight loss, then how do you explain skinny people that can eat all they want and never gain an ounce, and how overweight people eat small amounts and gain pounds overnight? At the seminar, we will clear up the common confusions regarding weight loss.
- If exercising more will cause weight loss, then how do you explain how some people who exercise 2 hours per day, 7 days per week can’t even lose one pound?
- Find out WHY exercise will rarely work for the protruding belly type abdomen.
- Learn the body shape made worse with more exercise.
- Improve your “lack of willpower and discipline” through a deeper understanding of how the body burns fat.
- Find out why high protein diets make a certain body shape worse and another better.
- Find out how the body’s metabolism reacts when the diet is unbalanced: restless legs, weak thigh muscles, weak knees when climbing stairs, right shoulder pain, itching at night, cravings for salty cheese snacks at night, twitching under the left eye, fatigue as the day progresses, fatigue despite how many hours you slept - feeling like you can’t wake up, tired eyes, anxiety and depressed body feelings.
- Learn why joint pain and INFLAMMATION in the LOW BACK, NECK, SHOULDER, FINGERS, & KNEES can get “stuck” in the body and become chronic (long lasting). Find out why many types of treatments only give temporary relief and take way too long to work!
- Irene Beikoussis, MS, CHHP, NC is trained in a new discovery made by Dr. Eric Berg, D.C. in the field of “pain and inflammation” and will demonstrate this at the seminar. - YOU HAVE TO SEE THIS TO BELIEVE IT! Many people experience significant relief within just a few minutes.

CALL Today!

LIMITED SEATING



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(978) 682-0200
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