



Can't Keep the Weight Off?

FREE SEMINAR— Call right now!

Speed up your WEIGHT LOSS!
LOOK good in your CLOTHES again!
Get your self-CONFIDENCE BACK!
Improve your ENERGY & SLEEPLESSNESS!

- ✓ Learn how hormones can distort your mid-section into a **large stomach** and prevent weight loss even with exercise or dieting.
- ✓ Learn the **4 body shapes** as they relate to specific hormone imbalance.
- ✓ Find out WHY you might be able to initially lose weight on any DIET but then within 2-4 weeks it becomes nearly impossible.
- ✓ Learn the 5 SOURCES of **FATIGUE** and **BRAIN SLEEPINESS** and what you can do to improve this.
- ✓ Find out why PAIN and INFLAMMATION in the KNEES, SHOULDER, BACK, NECK and FINGERS can get "stuck" in the body and become chronic (long-lasting). See a live "before and after" demonstration of a highly effective, non-invasive quick result technique.
- ✓ Learn the most important thing to avoid to lose weight.
- ✓ Find out what your body is specifically telling you when you **CRAVE?**

Come to this very interesting seminar!!! Bring a pen & note pad

CALL NOW 978 682 0200

Limited Seating
380 Merrimack Street, Methuen, MA
Natural Health Services
Irene Beikoussis, M.Sc., CHHP, NC

Disclaimer: The information at the workshop is not designed to diagnose or treat any medical condition.

**I've Lost 31 pounds
in 6 ½ weeks!**

"This is the first thing that has worked for me. I've spent thousands on personal trainers, books, diets, pills – you name it. This has been quick, all natural and not hard"
– Marge Abrahamian