

The Ultimate Weight Loss Plan

Whether your intention is to lose 5 pounds or 150 pounds, stubborn weight that won't come off can be physically taxing, emotionally jarring, and can impact every aspect of one's life.

The Ultimate Weight Loss Plan diverts your attention away from the numbers (weight, calories, fat grams, etc.) and helps you understand that your extra weight is not a matter of counting, but instead, of turning your body into a fat-burning machine.

While there is no magic weight loss pill, specific foods and ingredients can significantly (and safely) increase the metabolic rate. This exciting seminar explains how metabolism works, what you can do to speed it up, and how to incorporate calorie-burning foods into your day to reach and maintain your weight and body fat goals sooner. The workshop provides a foundation for making informed food decisions for a healthier lifetime and permanent weight management.

Many who are striving to achieve their perfect weight are following advice or weight loss fads that don't work for *their* body type. Based on techniques used by the top weight loss experts around the world, this workshop teaches the most effective strategies for reducing weight safely, quickly and permanently in just one day!

This full-day session will cover:

- ✓ Why many weight loss programs don't work – and what *does* work
- ✓ Why calorie-counting is *not* the most effective weight loss strategy – and what is!
- ✓ The 7 important eating rules for achieving your ideal weight
- ✓ Enhancing metabolism by optimizing digestion
- ✓ Menu planning and portion control
- ✓ Body composition analysis
- ✓ Dealing with cravings



Lisa Tsakos, R.H.N. is a nationally recognized holistic nutrition consultant and educator specializing in weight management and corporate nutrition programs. She has been featured on Wylde on Health, The Better Show (U.S.), the Discovery Channel, and numerous radio programs and is a contributor to various websites, including NaturallySavvy.com and The Huffington Post Canada (blog). Her articles have appeared in magazines and newspapers around the world. Additionally, she authored two books before co-writing *Unjunk Your Junk Food: Healthy Alternatives to Conventional Snacks* (Simon & Schuster).