

COURSE

Weight Loss Fast Cut

What am I going to learn in this course?

Basic approach to weight management

lipotropic vitamins (these nutrients can reduce cholesterol and fat)

Diuretic to lose water weight.

Natural appetite suppressant.

Portion Size: Excess glucose (sugar) and excess amino acids (protein) contributes to weight gain.

Maintain a clean colon and Avoid constipation.

Handle Cravings in Weight Control

Meditation to strengthen will power and manage stress

What will I be able to do at the end of this course?

Identify the amount of weight I desire to lose and how to go about losing it safely.

Plan meals including foods and vitamins that break up fat and cholesterol.

Identify tested appetite suppressant.

Know how to handle cravings.

Know how to enter my higher nature and utilize my will power.

Use stress management and meditation to maintain my confidence for success.

Quick win: to set goal of the desired weight you want to lose.

Who is the instructor?

Identify Deborah Fearon is the instructor. She is the best person to teach this course, because she has both the experience and the qualifications in teaching health recovery as a professional registered nurse who also has a doctorate degree in naturopathy. Her desire is to help people receive the greatest quality of life they are created to have.

Will the course be fun and engaging?

This course will be fun because, as you learn to live above your feelings and manifest your good desires joy comes. This course is engaging because the daily practice of using your will power to achieve your goal will keep you engaged.