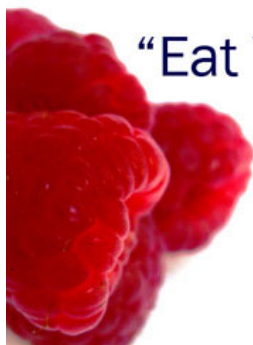




## Can't lose weight? Just keep putting on weight? Tired of dieting and crash diets?

Lose weight naturally without starving yourself or having to follow a difficult diet!

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“Eat Your Way To Health”

Feel Better...  
Look Younger...  
Reach Your Ideal Weight.



*[blockquote]*Clearly excessive body fat has been established as a major risk factor for diabetes, hypertension, cardiovascular disease and some cancers in both men and women. \* [  
*/blockquote]*

After 20 years and thousands of patients, I've designed an individualized weight-loss approach that effectively allows people to steadily lose weight in a healthy way without starvation, great difficulty, being overly stimulated or nutritionally deficient. The focus of the program is based on the CAUSES for YOUR weight gain. There are many causes to weight gain including liver congestion, colon congestion, nutritional deficiencies, hormonal imbalances such as menopause and low thyroid function, high stress, poor eating habits, poor food combining and more. A thorough assessment will be conducted to identify ALL the causes of weight gain and

prioritized necessary treatments or steps in your individualized weight-loss program.

My many testimonials of patients who have lost weight continuously while on this program speaks for itself as for its effectiveness. I strongly believe that only an individualized approach based on the actual causes for weight gain will be successful long-term. "Packaged" programs and those that just address reducing the diet such as eliminating specific foods, detoxing, fasting or exercising are limited and possibly ineffective for many people.

### **The main components of the approach are:**

#### **An individualized diet**

I provide individualized meal planning based on your specific body-type and digestive system that is simple and easy to follow. There is no "one-size-fits-all" diet or radical food restrictions but recommendations to promote strong digestion and good absorption of nutrients that will work for you. In fact, my approach is not a "diet" but a way of eating to maintain a healthy body weight. In Ayurveda it is *what* you eat is more important than *how much* you eat!

#### **Improving digestion**

One of the leading causes of obesity is improper digestion of foods. Undigested foods ends up as waste products that the body stores as fat. Optimizing digestion is a crucial factor in any weight loss program. In Ayurveda, digestion is enhanced with the right combination of carminative herbs like ginger, fennel, cumin and coriander to stimulate digestive stomach acids, digestive enzymes and bile without having to take digestive enzymes.

#### **Overcoming nutritional deficiencies**



Adding whole-food supplements (not synthetic vitamins and minerals) and superfoods will provide a rich source of easily absorbable vitamins and minerals which will cut down on cravings and improve energy levels. Unless one's diet is nutritionally adequate, one will continue to crave and reach for foods that are often unhealthy choices. Everyone has nutritional deficiencies to some degree.

## **Superfoods**

I provide customized green vitamin/mineral formulas based on spirulina, chlorella, barley grass, beet root, spinach, kelp and herbs that can be taken daily to supply a wide range of nutrients, vitamins, minerals and trace minerals while improving fat metabolism and energy levels.

Recommendations for other health enhancing superfoods like bee pollen are also be recommended as needed.

## **Herb remedies**



Herbal teas are very effective to help curb the appetite, boost metabolism and stimulate fat burning. Specific herbs that stimulate low metabolism and improve circulation may also be provided. Reducing herbs (those that scrap and reduce excess body fat), are combined with metabolism stimulating herbs and often sugar balancing herbs prepared as a tea to be taken between meals.

## **Colon cleansing**

Maintaining regular bowel movements is extremely important in losing weight and keeping it off. As a general rule, the bowels should move roughly once for each meal eaten during the previous day. A herbal colon cleanses uses laxative and purgative herbs with fiber supplements that effectively cleans the colon in a matter of days and results in more weight loss.

**The importance of detoxification in weight-loss:** Hidden toxins can be the cause of a weight loss plateau because your body wants to protect you from having lots of toxicity. So what does it do? It stores toxins in your fat cells to keep them out of the way. This works well right until you start to lose weight. As fat cells are burned, toxins get dumped back into the bloodstream. For someone with a high level of toxicity, this can lead to extreme levels of inflammation. By lowering your toxic load through proper detoxification, you put yourself in a much better place for continual and safe weight loss.

So if you've spent lots of time going up and down on the scale without true results, maybe its

time to detox. This may help the body overcome some of the issues that have prevented success in the past. But it is important to remember, detox is just a first step.

## Liver Detoxification

A herbal liver/gallbladder cleanse optimizes the functioning of the liver by unclogging congested bile, fat and gallstones. Most importantly, a liver cleanse will significantly improve the ability of the liver to digest and process fats. This is the important aspect missing in most weight loss programs because if the liver cannot metabolize fats properly, fat gets stored instead of burned off. This inevitably causes is weight gain particularly around the waist.

**Herbal approach:** Generally cholagogue herbs (those that stimulate liver function and emptying of the gall bladder) are combined with Carminative herbs (those that improve digestion and increase absorption) and other supporting herb such as tonic herbs (those detox and remove congestion). Some herbs need to be taken before meals to stimulate bile and digestion while others are taken after meals.

## Boost metabolism!



After the age of 40, most people experience a slowing down of thyroid function, however, the right diet with herbal formulas have proven very effective at revitalizing the thyroid gland.\*

## Fasting

Intermediate and short water and juice fasts are a very effective way to burn off body fat when done at the right time. To reduce hunger pains and support detoxification during a fast herbal teas will be provided.



## **A Natural Weight-loss and Detoxification Program**

**An individualized program with on-going support.**

**\*This program can be provided privately in Ojai or remotely by phone/Skype with herbal remedies mailed to you.\***

### **A proven protocol**

**Typical herbal products provided:**



