



# Take the Guesswork Out of Weight Loss

Coaching by Liliana Partida CN

*This MD-approved program will give you the tools you need for lifelong results.*

**Topics covered in this series include:**

- Nutrition basics for maximum weight loss
- Intro to natural methods of detoxification
- Natural supplements for metabolic enhancement
- Intro to technology / testing for weight loss

**Included in the course:**

- Weekly weight, metabolic and body fat testing
- Body measurements for inch loss
- Personalized weight loss through Zyto Balance (biofeedback)

**Testimonial:**

"I highly recommend this class to everyone who is tired of yo-yo dieting. This 6 week workshop changed my life. I've lost 30 lbs. over the last 6 months, if I can do it you can too!"

-Carol Lee, Newport Coast

**Sign Up Today – Space is Limited**

**When:** Tues. starting Jan. 13, @ 6:00pm

**Duration:** 90 minutes

**Location:** 6 Hughes St. #100, Irvine CA

**Cost:** \$320 by Jan. 6, \$350 after Jan. 6

*Ongoing 6-week programs*

**Enroll by phone: (949) 680-1880**

**Or sign up at our appointment desk**