



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 March 4, @ 6:00pm

Duration: 90 minutes

Location: 6 Hughes St. #100, Irvine Ca

Cost: \$320 by Feb. 26, \$350 after Feb. 26

Ongoing 6-week programs

Enroll by phone: (949) 680-1880

Or sign up at our appointment desk