



# Weight Loss: Surviving the Holiday Season

Coaching by Lilitiana 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 Nov. 11 @ 6:00pm  
**Duration:** 90 minutes  
**Location:** 6 Hughes St. #100, Irvine CA  
**Cost:** \$320 by Nov. 4, \$350 after Nov. 4

**Ongoing 6-week programs**

**Enroll by phone: (949) 680-1880**  
**Or sign up at our appointment desk**