

Weight Loss Road Blocks

Learn how to lose weight, improve your health and sustain it for the long term.



By the end of this workshop you will know:

- How stress, lack of sleep and overexercise inhibit fat loss.
- Discover why fat loss has more to do with hormones than calories.
- Learn why certain fats are absolutely essential for fat loss.
- How to fine-tune your plan and reduce inflammation which will ultimately help you lose fat weight.
- Why you need to avoid sugars, sweeteners and alcohol and include a solid nutritional framework.

presented by

**HEALTHY
DISCOVERIES**
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