



Summer, 2015

“Health is an active pursuit, not a passive result!”

As a Certified Integrative Health Coach, I searched far and wide for a program that works consistently that improves well-being in a significant way. I found it!

I am excited to introduce and enthusiastically endorse a unique, hybrid FlushtheFat4Life Program. I'm seeing so many people experience dramatic health improvements while dropping inches quickly on this program! There are so many diets and programs on the market that work well for some, but often with short-lived results or people losing mostly water weight, some fat, and sadly, some muscle. Usually there is a rebound effect as people regain the weight with less lean left—not a pretty picture for your body's health and longevity. 95% are on the diet roller coaster. They lose weight. They gain more back. They find another diet.

Often diet programs include calorie restriction and portion control and/or include not-so-healthy packaged and processed foods and a diet that is not sustainable, nor healthy. 95% or more regain the weight they have lost. With this program, you're nourishing yourself — perhaps for the first time in your life to eating whole foods in harmony with how the body naturally digests and what it can best assimilate for optimal health.

I've been impressed and surprised at how well the core elements of this hybrid program are consistently working for people and so quickly! The key components are elimination of sugar and starches + food combining to match up with our body's biochemistry + cleansing and flushing the fat + super nutritious micronutrients that really kick in for optimal health.

The core elements of the program are addressing underlying issues around gut health, immune and brain function, food sensitivities and the big key — hormonal balance!

Having studied with and followed many functional nutrition experts for many years, what I've observed is they do extensive hormone testing, leaky gut, and elimination diets as the first course of action with very extensive intervention solutions. My sense is that they're missing the forest for the trees while consumers spend lots of money on a wild goose chase! Not to say exploring some of these underlying issues isn't important, but food combining to me is the best and easiest place to start.

We're getting great results for people with long-standing issues about sleep, cravings, food sensitivities, joint pain, mood, fuzzy brain, belly fat, hormonal imbalance, and stiffness. So many issues disappear. Inches, pounds, clothing size and % body fat dropping. Blood work, urine test results, and hormonal tests reflect the improvements too! Along the way, they've discarded newly baggy clothing AND past habits and beliefs about what to eat and what they'll enjoy and are amazed at how good they feel.

We have great support as you embark on this journey with a buddy, with me along as your coach, a private FaceBook community and weekly calls to celebrate, learn and troubleshoot! Time to let yourself out of body jail, ignite your zest for life while enjoying your food and your life more!

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