

Healthy Weight Loss Methods

If you plan to go on a diet to loss weight, detox or to get healthier, then please attend this lecture and make your journey easier and more effective.

Our physiology is hard wired to operate in a certain way. When you work in harmony with your biochemistry... wellness, health recovery and weight loss has to happen.

Over the past 25 years I have researched and implemented many different diet plans. I will discuss the top three plans I think are the best.

January 19th, 2012
6:15 to 7:30pm
Our office



Impolite as they were, the other bears could never help staring at Larry's enormous deer gut.