

## LOSE UP TO 20 LBS OR MORE IN 30 DAYS!

Do you feel like there's no solution for your expanding waistline? Good news, there is! The 20/30 Fast Track Program adjusts your hormones so you can finally lose weight. When your hormones are balanced, you will lose weight and see improvement in a variety of health issues, such as: insomnia, high cholesterol, migraines, low energy, high blood pressure, spiked sugar levels, stress, lack of focus, digestion issues, hot flashes, and more. No exercise is necessary to lose weight in the program, but some light exercise will maximize your results. All this while eating grocery store food on a specialized eating plan.

In your FREE Weight Loss Session, you will learn the real reason you've had trouble losing weight and why other diets haven't worked. We'll show you how your hormones and unique body chemistry affect weight loss and how you can successfully keep the weight off. We will teach you how to apply what you learn so you begin getting results quickly! And you will keep it off by maintaining a healthy new lifestyle.

You will be successful using our powerful tools, such as personalized coaching, encouragement, herbal supplements, specialized diet, accountability, and by witnessing the amazing results of others in our weekly group meetings.

Many Others Have Already Tried It... <u>It's</u>
<u>Your Turn!</u> Will <u>YOU</u> Be Another 20/30
Success Story?

Weekly meetings are offered at 10:30 am or 6:30 pm

THAT
7 DIFFERENT
HORMONES ARE
RESPONSIBLE
FOR CAUSING
WEIGHT GAIN AND
HEALTH
PROBLEMS?

SESSIONS
STARTING SOON!
REGISTER NOW!

For More Info and a
Free Session

Contact Tonya

Email:
<a href="mailto:lyfestylewellness@out">lyfestylewellness@out</a>
<a href="mailto:look.com">look.com</a> or call

LYFESTYLE WELLNESS, LLC

925-393-6992

Or email: lyfestyle