

## Natural Healing Express Weekly

### Column Volume 21 Weigh Loss Pre Class Considerations Part Three

First of all, thank you! Our weight loss class was extremely quick to fill and we now have a waiting list. That strong response gave me cause to believe that many of you want to step up and take responsibility for maintaining a healthy weight and a healthy lifestyle. So hats off to you! Let's do this.

For those of you following along at home or office here is the best place to start. Let's do a quick recap of what the class entails and then I will line out our 8 week class agenda. First and foremost, we plan to use knowledge of self (Bio-Individuality) and Nutrition to assist in making a lifelong commitment to maintaining a healthy weight.

With that said, we will utilize all Natural supplements to START the process. From last week we know the supplements purpose is three fold. We will first strive to balance blood sugar to assist in regulating cortisol. Also, we will utilize a method to assist with cravings (a patch) and we will be providing a time released super nutrient (spirulina) to ensure the body is receiving at least some great nutrition during the process. In addition we will be introducing the Eat Clean Diet by Tosca Reno as part of the class and making these changes in weight by encompassing the Whole Life Method which addresses all aspects of a being: Behavioral, Physical, Intellectual, Emotional and Spiritual.

The class begins on Feb 8<sup>th</sup> and the follow along portion for Class 1 will be printed on February 15<sup>th</sup>, so the actual class will be one week ahead of the article. If you are working the follow along portion and a question comes up prior to the printing, please just give us a call at the Lena Store. And please don't forget to pick up your supplements soon; it's much harder to start in the middle. Not impossible, but more difficult.

Here's the 8 Week Class agenda with a few tidbits:

Week 1 Class Introduction: Setting Realistic Goals, Learning One's Bio-Individuality, Making a Whole Decision, Accountability, Give Ups (the mean and ugly foods) and Group Support

Week 2 Blood Sugar Regulation and Mechanisms /Nutrients and Super Nutrition

Week 3 Eat Clean Cooking / Eat Clean Principles

Week 4 Revving Up Metabolism / Fitness

Week 5 Hydration / Importance of Breakfast / Snacks

Week 6 Emotional Eating

Week 7 Challenges / Plateaus

Week 8 Maintaining / Long Term Support

As always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [Susan@naturalhealingexpress.com](mailto:Susan@naturalhealingexpress.com) 204 W Main St, Lena, IL 61048.

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