

Advanced Natural Nutrition

For total success in feeling great and achieving your weight loss goals

By Robert Karlsson, CCN

\$299 per person for seven sessions and one evaluation + 6 follow-ups

Starts February 25th at 6:30, Sign up today to reserve your seat!

Session 1 – Super Nutrition (75 minutes) Tuesday March 4th, 2008

Learn how to read your body's many cries for nutrients and what to do in order to create unlimited energy, mental clarity, and inner calmness. Discuss various helpful supplements that could make a profound impact on your health.

Session 2 – Healthy habits of eating (75 minutes) Tuesday March 11th, 2008

Learn what consists of a balanced meal and how your cells love it. In addition, find out why some foods promote longevity and others make you sick - A seven day food menu will be handed out.

Session 3 – Optimal food choices (75 minutes) Tuesday March 17th, 2008

Learn why organic foods, eating for your blood type, and other health trends do have validity in enhancing your well-being

Session 4 - How hormones impact our life (75 minutes) Tuesday March 24th, 2008

Learn why men and women can improve their quality of life through proper testing and restoring hormonal deficiencies through natural substances

Session 5 – How to figure out calorie intake and correctly read food labels (75 minutes)

Tuesday March 31rd, 2008

Learn how to figure out what food labels and nutrition facts mean and how they impact your health.

Session 6 – Proper exercises equals faster results (75 minutes) Tuesday April 1st, 2008

Empower your weight loss by adapting proper techniques for enhancing your metabolism, endurance, and strength. An easy step-by-step guide will be given.

Session 7 – European Weight Loss Program (75 minutes) Tuesday April 8th, 2008

Custom program consisting of rapid fat breakdown while maintaining lean muscle through a strict protocol with no side effects. Handout on complete program will be given upon reaching this phase of the program. Minimum of 4 pounds of fat in a week and an abundance of energy is what I have seen throughout my clinical experience.

Each participant will receive meal outlines, mini health analysis, nutrient recommendations, weekly homework and discounts for personal evaluations. There will also be 9 personal sessions to go over weight loss progress.

Pay now and be ready to empower your current well-being

First seminar starts February 26th, 2008 at 6:30pm. Open to the all. This is a free lecture.

All participants that must miss a section will have the option of attending another seminar at a different location by emailing to healthdude@sbcglobal.net prior to beginning of the scheduled seminar series.

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