

Welcome to Weight Naturalization

The natural way to return your body to it's natural state and size

Overweight

No energy

Feelings of depression

Are you finding it hard to get things accomplished during the day?

Do you look for food when you are feeling bored?

Do you stay up late at night and eat?

Do you find yourself saying "I'll do it tomorrow"?

Do you put off your chores and tell yourself you will get to them later?

Do you feel old?

Are your clothes getting too snug again?

Do you think of exercise as work?

If you have said yes to any of these questions, I warmly invite you to consider exploring a new and effective approach to feeding your body and changing your lifestyle.

Weight Naturalization is much more than loosing weight! It is a natural way to let go of your struggle with weight. I will teach you how to listen and trust your body's signals for hunger. I will work with you so that you may overcome self-sabotage and binge eating. I will help you learn how to fill your life with joy. You will feel lighter both physically and spiritually. You will be in tune with the world around you.

By tuning into your body you naturally stop eating once you have had enough, this is when the weight starts melting away and you return to your natural size. You will learn to integrate changes into your daily life and discover the wisdom that lies within you. You will naturally want to exercise. Depression will lift, as you feel more relaxed. You will enjoy eating fresh organic raw foods; your family will see how beautiful you have become. Some of them might even transition into the raw foods lifestyle as well.

Your body needs help. I am here to help; I am a Certified Raw Lifestyle Coach. I will help you thru the detoxing and transitioning phases of your new lifestyle. I will give you support by telephone and e-mail for as long as you need it.

I am a Certified Raw Foods Nutrition Specialist. I will help you to develop a weekly menu and shopping list. I will give you helpful tips and advice. I will answer any questions that you may have. I will make sure that you are eating the right foods so that you can get your life and body back. Women typically loose between 20-25 pounds a month. Men typically loose between 25-30 pounds a month. You will too.

I am a Certified Raw food Chef. I have created hundreds of simple recipes that you will love and enjoy eating. People transitioning into the raw foods life think that they will only be eating carrot and celery sticks. That is not true there is so much more, you will enjoy discovering all the things that you can create "un-cooking" as we call it.

I am also a Certified Raw Personal Trainer, when you are ready I will help you to create a daily exercise routine. You will need to keep moving, you gained weight by *NOT*

moving as well as eating all the wrong things. Loose weight and become strong again.
Become the person that you need to be both for yourself and your family. We all love you
and want you to be happy.