

# Weight Loss and Wellness

## Natural Rhythms Program

**START NOW! CALL +263 777073586**

### **Effective, Healthy, Natural, Long-Term Lifestyle**

Natural Rhythms is an exciting and powerful health improvement and effective weight loss and control program. It is a phased approach to turbo charge initial weight loss and then gradually moves on to a healthy, sustainable way of eating, all whilst optimising health through nutritional therapy. The different phases incorporates elements of the **LCHF** (low carb, high fat) diet, similar to **Banting** and the **Low GL** way of eating made popular by reknowned nutritionist and author Patrick Holford. It will educate and motivate you to change and improve your body, your health, and your well-being for good. Proven coaching methods are implemented to help you overcome barriers that may have frustrated your efforts before.

#### **Natural Rhythms is ideal if:**

**You want to improve your energy**  
**You want to lose some weight**  
**You want to boost your health**  
**You struggle with cravings**  
**You struggle staying motivated**  
**You want a healthy, long-term solution**



#### **The program includes:**

- . A health assessment
- . Regular (weekly or fortnightly) sessions
- . Nutrition education
- . Coaching to help overcome psychological barriers and ensure long-term success
- . Support materials and booklets
- . Menu plans and recipes
- . Food diaries, menu planning tools, progress trackers, tips on eating out, healthy cooking methods
- . Daily success formulas
- Supplement recommendations

Book a one-to-one session or

Find out when the next group starts

**Phone / WhatsApp +263 77707 3586 or email [info@lauramussell.life](mailto:info@lauramussell.life)**