

Be well Be healthy Be free



Autumn Wellness

Successful Weight Loss = A Balanced Mind & Body

Since launching Be Free – Habit Free formula over 2 years ago, I have met so many women who have tried to lose weight but always revert back to where they started unable to stick to their chosen diet for more than 10 days.

I am often asked what I think the best way to keep weight off. Many women lose a few kilos and within a month or so, the weight has crept back on but worse extra kilos have been added.

Now that Easter is over and we settle into preparing for Winter, it is a good time to observe the habits we have around food. Once we have observed ourselves we can begin noticing why our health goals around weight are never achieved.

Have you ever observed yourself for a day and made a list of your habits that you are committed

to. Have you noticed that the more you think about what you cannot do or eat the more persistent it becomes in your life.

What many people forget is that the mind & body cannot be separated. The mind when calm is responsible for reduced cravings, better sleep, less irritability, more energy and clarity...

Wouldn't it then make sense to ensure that the mind is always nourished with the appropriate nutrients to behave the way we want it to and the body to also walk with us as we select the healthy foods that will assist us to reach our target weight.

Successful weight loss is only achieved when there is a rhythm between mind & body which enable one to be committed and motivated in all that they set out to do.

WEIGHT LOSS CANNOT BE

ACHIEVED UNLESS THE DAILY HABITS AROUND FOOD ARE ADDRESSED AND ONE IS ABLE TO BREAK FREE FROM THEIR HABITS THAT ARE PREVENTING THEM FROM STICKING TO THEIR CHOSEN HEALTHY EATING REGIME.

Life can be stressful and this is why it is so important to learn the best ways to enjoy the food that nourishes our cells so we can enjoy the benefits of overall good health. Weight loss is best achieved when our mood is uplifted and inspiration blends with commitment.

Why don't you take up the 21 day challenge with your bottle of Be Free and your 3 week Ultra Lite Detox programme and feel the difference. It takes 21 days to break a habit and this can be achieved successfully with the Be Free Habit Free formula – Begin today and be all that you can be.



5 Points to consider before beginning your 21 Day Challenge to a healthier you

- Do you drink 1 – 1 ½ litres of water?
- Do you have a compelling reason to break your habits that are holding you back?
- Do you sleep well?
- Do you have a good eating plan that you can follow during the 21 day challenge?
- Do you have energy and clarity?

• *Freedom* • *Motivation* • *Calm* • *Weight loss*

Be well, Be healthy, Be free

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TOP 9 SUPERFOODS

1. Walnuts
2. Flaxseed
3. Pomegranate
4. Salmon
5. Avocado
6. Eggs
7. Pistachios
8. Cottage Cheese
9. Broccoli

Tune into Honey Keys

Does the pace of your life seem to be accelerating all the time? Stop the hectic life, and take some time to calm and balance your mind, body and spirit with the gorgeous **Honey Keys** CD by Justin Hunter, an Australian musician. Hauntingly beautiful and evocative of contented days, **Honey Keys** is a piano instrumental CD with tracks that will uplift your spirit and instil a positive mood. The CD has wide appeal, and is being used by Yoga teachers as a gentle accompaniment to meditation. In fact, recently there have been many requests for music for meditation, and customers are purchasing this CD in surprising numbers. Would you like to hear why? You can listen to **Honey Keys** at **Star & Moon** in Mont Albert (10 Churchill Street opposite the Railway Station phone 9899 1907). Whether it is for your own relaxation or to calm and settle children, you will enjoy this unusual gem. View other CDs, DVDs and books on www.starandmoon.com.au



Trim 'n' Tone

Body Toning Studio

Trim 'n' Tone is all about easy and stress free weight loss and exercise. We are also keen advocates and trained consultants for both the Ultra Lite Weight Loss and Management Program and the Formostar Infrared Body Wrap. My programmes incorporate Be Free – habit free formula as this provides my clients with the commitment and motivation needed for them to complete their sessions with ease and clarity.

The Formostar is a highly effective system that assists with reshaping the body, detoxification, increasing circulation, skin toning and increasing metabolism just to name a few. The deep heat therapy activates the function of natural enzymes and metabolism within the tissues burning up to 1200 calories in just one 50 minute session. Clients can potentially see and feel results from their very first session and can lose up to 3.5kg in 10 sessions!

Ultra Lite Weight Management Program is a truly healthy approach to weight loss and has been around for over 10yrs. The Ultra Lite program teaches you how to keep your weight off for life, whilst cooking your own healthy food using most things already found in your pantry. Women can lose up to 10kg in 5 weeks and man up to 15kg.

There are no meal replacements, you do not go hungry, you actually lose body fat, not just fluids and many of the health funds give rebates just for commencing the program.

Incorporate the two services together and weight loss could never be easier, safer nor faster.

Look and feel fantastic inside and out. It is important to note that this treatment is not intended to replace healthy eating and exercise.

Lisa – Founder of Trim n' Tone

www.trimntone.com.au