

Introducing the

EAT RIGHT PLAN.

The easy way to

Feel Better & Look Great!!!



**BLAMING YOUR
WILL POWER!!!**

**The secret to
sustainable weight loss is
in your blood chemistry!!!**



EAT RIGHT PLAN – HOW IT WORKS

We all know that some people appear to eat as much as they like of anything they like without gaining weight, whilst others continuously struggle with diet and exercise and yet are unable to be slim. Just as different cars perform better on different fuels, different people also perform better with different foods. If you're putting the wrong food into your system, you are going to run sluggishly and glug up your system.

With the EAT RIGHT PLAN, you can rev-up your diet with the correct fuels for your system. No longer struggle with diet and exercise - this will never be successful if you are consuming the wrong foods! And now, I can scientifically determine the best foods specifically for you! Not only will you feel better, you will also reduce the risk of disease.

The EAT RIGHT PLAN is based on natural, fresh foods. You don't need to buy prepared meals, pills, or potions - just good-quality groceries. It's really one of the easiest methods and completely safe. You don't get hungry because you're allowed to eat as much as you want and snack as often as you like.

Social eating is no problem either. Eating out is easy when you know which dishes are best for you. And, you don't need to follow the diet 100% of the time: 75%-80% compliance works for most people. So you can have "forbidden" foods now and then. This makes it possible to still enjoy family gatherings and dinner parties.

THEORY OF THE EAT RIGHT PLAN

Genuine weight loss and genuine, lasting health comes from the way your body interacts with the food you consume. Foods contain powerful proteins called lectins. Here's the key: These food lectins become important to you when they interact with your blood antigens. How your body interacts with these lectins determines whether those foods cause inflammation, digestive problems, bloating, water retention or weight gain. This is more than simple "food intolerance." At first, you may experience a lectin interaction as only a mild digestive problem, or a dull, listless feeling after eating foods not right for you. Over time, the result is a steadily deteriorating state of health, loss of energy and weight gain.

The good news is, simply by replacing the key weight gaining foods with ones suitable for your blood type, you begin to experience the benefits of a leaner, cleaner, more energetic body. Thus, there's no counting of calories or grams of fat. Instead, the EAT RIGHT PLAN emphasizes eating the correct foods for your specific chemistry.

"Your journey to optimum health starts here"

The **EAT RIGHT PLAN** is different from other weight loss plans because you will lose all unnecessary weight while eating as much as you like, without needing a disciplined exercise routine!!!

You merely need to learn, for your individual metabolism, which foods are beneficial and which to avoid. This amounts to ordinary everyday foods & is just a simple adjustment of your eating habits.

This is a very easy, no gimmick approach which has:

- No continuing obligations, plans or contracts
- No need to purchase meal replacements
- No obligation to buy expensive products
- No need for counting calories
- No need for strict gym workouts
- No drugs or medicines
- No meetings or group therapies



I am very excited and proud to be able to deliver to you the **EAT RIGHT PLAN**.

You will be amazed how easy it is to follow while eating well and enjoying your lifestyle!!!

It is so easy that once you start this new eating plan, you will stick with it for life!

You can accelerate the results by combining the **EAT RIGHT PLAN** with a gentle Detox, some everyday supplements and sensible exercise, to make you feel and look even better.

This is your ticket to a new you.

Claudia Calisto, Dip. of Nutrition

My mission is to help others improve their health & well-being through proper eating.

I have a passion for food and health, so it is only natural for me to combine these to help others improve their well-being. As a mother I became concerned with my own family's nutrition & health and this motivated me to study and gain my Diploma of Nutrition from the Australasian College of Natural Therapies. Now I want to help others with what I have learned.

I believe that beauty comes from within and this is reflected by what we eat.

OTHER SERVICES AVAILABLE:

- Detox programs
- Slimming Massage
- Remedial Massage
- **Painless** Body Waxing
- Hypnotherapy

NO RISK – NO OBLIGATION

Minimal cost – pay per visit



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Love food?

Discover the secret of how to

EAT TO BE SLIM



Call 02 8040-6684
for an appointment

