

Get Unblocked!

WEIGHT LOSS BODY BLOCKS
BREAKTHROUGH



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WISE WAY TO WEIGHT LOSS

GET TO THE ROOT CAUSE

When I first found myself obese on a whole foods vegetarian diet, I was shocked, and actually, appalled. How could I have eaten so healthy all these years and still end up obese anyway?! It had me feeling like losing the weight would be impossible, and trying would just be futile - because I was so sure that I was already doing everything right!

The truth is though, that I had been tolerating symptoms of low blood sugar for at least a decade, maybe even since I was a teen. All I know is that, I had suffered with extreme PMS back then. And while I had later cracked the code on my PMS symptoms with a whole foods diet, and a few herbs, tension headaches still plagued me for the next decade and beyond - and nothing helped. While I did intellectually know that tension headaches can be the result of hypoglycemia - I simply fooled myself into thinking that my low blood sugar symptoms were no big deal.

What I didn't realize at the time was, that I had a genetic susceptibility and tendency toward insulin resistance. The first being that I am of indigenous ancestry, and the second being that I had a hereditary tendency towards it, with my biological father being diabetic. Looking back, I remember one day he said to me, "you need to watch out that you don't get diabetes". I thought to myself "um no, that won't happen to me. I am a health nut. I eat a natural whole foods vegetarian diet and not to mention I don't touch the "white" stuff either (white sugar, flour or salt)."

Little did I know, I had actually been sliding head first along the slippery slope of insulin resistance, aggravated by my well meaning lacto-vegetarian diet of 13 years. I had unknowingly increased my risk of diabetes, due to eating a high carb & low protein diet.

It wasn't until I ended up obese, that I was finally willing to consider that my erratic blood sugar was of any consequence at all, and might be the root cause of my hormonal imbalance and subsequent PMS symptoms.

Excess insulin had triggered a domino effect of hormone havoc, inflammation, adrenal stress and eventually obesity. To release 12 dress sizes without dieting, I had to eat in a way that restored balance to my blood sugar and as result, the weight came off without dieting, deprivation, counting calories or exercising.

But that's enough about me! You are here to explore the root cause of YOUR struggles with weight. Let's take a look at what might be happening for you, so that we can bring balance back to your body by addressing the root cause of your health issues and weight loss blocks.

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Root Causes At A Glance

WHAT'S YOUR TOP WEIGHT LOSS BLOCK?

Digestive System - When you can't digest your food properly, it contributes to the overgrowth of bad bacteria and nutrient deficiencies. This leads to cravings, an overburdened liver (and pancreas) and eventually trouble with elimination and blood sugar too.

[Click here](#) to learn more about how digestive issues block weight loss.

Sex Hormones - When your hormones are out of balance, it causes mood swings, emotional eating, bloating, water retention, cravings and both digestive & elimination stress.

[Click here](#) to learn more about how sex hormone issues block weight loss.

Elimination System - When you can't go to the bathroom properly, you can't eliminate toxins, and this overburdens your liver. This increases estrogen dominance, compromises the thyroid and makes it unsafe to release stored body fat.

[Click here](#) to learn more about how elimination issues block weight loss.

Sluggish Liver - A sluggish liver cannot optimally balance hormones or safely break down fat. Both fat digestion and peristalsis are compromised, leading to constipation and even more internally generated toxicity - which sets the stage for inflammation.

[Click here](#) to learn more about how sluggish liver blocks weight loss.

Root Causes At A Glance cont'd

Inflammation - Unresolved digestive issues eventually become more severe and chronic, causing leaky gut syndrome and then systemic inflammation. Leaky gut causes food sensitivities and autoimmunity, muscle and joint pain (kinda hard to exercise), water retention (feels like fat) and increasing severity of digestive issues.

[Click here](#) to learn more about how inflammation blocks weight loss.

Nervous System - When a person is chronically stressed, this shuts down the digestive and elimination system and triggers excessive cortisol, leading to inflammation and eventually adrenal burn out. Exercise will be to no avail and will actually make the situation worse.

[Click here](#) to learn more about how nervous system issues block weight loss.

Endocrine System - People who have endured a lot of chronic stress, whether from life situations or health struggles (such as the previously mentioned ones and others), can end up with adrenal fatigue and symptoms of low thyroid, making for a very slow metabolism.

[Click here](#) to learn more about how endocrine issues block weight loss.

Blood Sugar - Blood sugar symptoms show that one is sliding down the slippery slope of insulin resistance. This puts the body in a state where it pretty much wants to store everything you eat as fat. You need to get out of this state before your body will release the weight.

[Click here](#) to learn more about how blood sugar issues blocks weight loss.

Personalized Plan

By now, you probably get that it's probably more than one body system imbalance that has come together to culminate into your weight loss resistance.

That's why a 'one size fits all' diet, calorie counting, and exercise don't work for permanent weight loss.

Your unique combination of body system imbalances, must be addressed simultaneously to achieve optimal health.

By putting your health first, you can end your struggles with your weight as well!

In order to do this, we need to identify your top three blocks and then customize a plan unique to you.

It's easy to get started:

Step 1: [Buy a Weight Loss Blocks Breakthrough Package.](#)

Step 2: Fill in the Weight Loss Blocks Assessment

Step 3: Book Your Session

Book Your Package Now!

[Click here](#) to book.

Together we'll co-create a personalized and unique optimal health and weight loss plan, that works for you!

The background of the entire image is a soft-focus bokeh effect. It consists of numerous out-of-focus light circles in shades of yellow, orange, and white, creating a warm and dreamy atmosphere. The circles vary in size and brightness, with some appearing as sharp, bright spots and others as softer, more diffused glows.

START WHERE
YOU ARE.

– ARTHUR ASHE

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