

# IT'S TIME TO TAKE CONTROL OF YOUR LIFE

The Whole Life Vitality programme is an effective, easy to follow lifestyle plan. It will enable you to easily achieve your optimal body weight and size, and most importantly you will be able to maintain it.

**You will be amazed at how easy it is!**

## What is the Whole Life Vitality programme?

The Whole Life Vitality programme has been designed by health experts and leading naturopaths to guide you towards healthy dietary and lifestyle choices. You will learn how you can eat a varied and highly nutritious diet, which will bring about weight loss and a more shapely body. You will also have increased energy and vitality, and an improvement in general health.

The Whole Life Vitality programme is not a diet. It is a lifestyle that can easily be adhered to over the long-term and ensures continued health benefits, including the maintenance of a healthy body weight and size.

## What can I eat on the Whole Life Vitality Programme?

You are able to eat a wide variety of foods emphasising good quality protein, fresh vegetables, fruits, nuts, seeds and whole grains. You will eat three normal sized meals each day and you can have healthy snacks between meals if you desire.

## Is the Whole Life Vitality Programme difficult?

The programme is *easy* to follow:

- Your naturopath will explain the programme in detail and you will receive a comprehensive manual to take home. The information kit includes meal plans, which cater for today's busy lifestyles, and a variety of recipes that are easy to prepare and taste great
- You do not have to weigh your foods or count calories
- It is not a low carbohydrate diet but rather an eating plan that provides the optimal balance of carbohydrates, fats and protein
- The whole family can eat the same delicious healthy meals
- Nutritious snacks are allowed
- Because you are eating in a normal healthy way it is easy to continue with your normal social activities without breaking your diet
- You will be supported and monitored by your naturopath

## Do I have to take any supplements?

There are a number of supplements that are important during the time you are losing weight. These supplements help to:

- Aid weight loss
- Improve metabolism
- Improve fat burning and the building of lean muscle mass
- Ensure optimal sugar metabolism thus reducing cravings and fluctuations in energy
- Improve your overall nutritional status
- Over time, as your diet, lifestyle and general health improves, the need for these supplements will gradually reduce and your naturopath will make changes as appropriate.

## How often do I need to see my Naturopath?

It is important that you see your practitioner regularly during the time you are losing weight. Weekly visits are recommended in the beginning. These regular appointments will help to keep you on track and alert your naturopath to any changes that need to be made. The frequency of these appointments will change over time and your naturopath will be able to advise what is best for you as an individual.

## How much weight will I lose on the programme?

You may expect a weight loss of ½ to 1 kilo per week; commitment to the programme is vital to achieve this. Follow the plan and feel the enormous benefits of good health.

## Focus on your measurements!

Attention should be focused on body size and shape rather than weight. Following the dietary and exercise recommendations and taking the supplements in this programme will result in an increase in muscle mass and a reduction of body fat. You may also experience an increase in bone mass. Remember muscle and bone are both heavier and denser than fat so it is possible to become smaller (lose centimetres) and yet weigh the same or even more. So, don't get too caught up on what the scales say, your body measurements tell the real story.

## What do I get?

- 4 key supplements (valued at over \$200)
- Programme guide
- An initial Whole Life Vitality consultation with Paula
- Weekly check-ins with Paula to help you keep on track
- Email support
- A great start to a healthier life

## How do I book an appointment to start the Whole Life Vitality programme?

To get started with the Whole Life Vitality programme, phone **06 356 3462** or email [paulah@elementsnaturaltherapy.co.nz](mailto:paulah@elementsnaturaltherapy.co.nz) and book your appointment with Paula.

Invest in you – discover your  
Whole Life Vitality today!

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