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To Advertise With Us

Are your Hormones making You Fat?



Narelle Stegehuis, Naturopath and Weight Management Specialist

Hormones do contribute to weight gain - this is a well-known fact. Women experience weight gain during pregnancy, menopause and if suffering other conditions such as thyroid imbalance or polycystic ovarian disorder to name a few.

Losing weight is not as simple as eating less and exercising more.

Men on the other hand gain weight during Andropause. Stress is yet another cause of weight gain.

It is a complex matrix of diet, lifestyle, hormonal and emotional factors that determine the personalised action plan that is appropriate for you.

By addressing your hormonal imbalances you will not only effectively tackle your weight concerns but will also most importantly achieve overall better health.

Sadly some programs are focused solely on weight loss and by doing so their recommendations can actually fuel hormonally driven health concerns.

This holistic approach will provide you with the missing piece to your weight loss puzzle, and yes it works!

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WARNING! DON'T START ANOTHER DIET UNTIL YOU READ THIS:

If you've ever been frustrated about losing weight and you've tried diet after diet after diet, then this could be the most important message you'll ever read. I have personally helped over 15 people in this area lose 15kg in just 12 weeks, and they're doing it easily, quickly and cheaply and still eating foods they love. What I have for you is a FREE no obligation, over the phone consultation explaining our programme and our 30 DAY MONEY-BACK GUARANTEE. Or you can visit my FREE website to find out:

- How to calculate your Body Mass Index (which means you can find out if you are the right weight for gender, age and height) according to the medical associations worldwide).
- The importance of good nutrition and weight loss.
- The 4 myths of dieting and why you can't lose weight.

Call Sonja now on 9539 4245 for your FREE SAMPLE OR VISIT: www.dietdietdiet.com

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