



Vibrant Health Nutrition Consulting
Linda Posnansky NC

SPRING 2016 SUGAR & CARB BUSTING-TUMMY TRIMMING 6 WK. WEIGHT-LOSS JUMPSTART

ON-LINE/PHONE CONSULT PROGRAM

LOSE INCHES AND GET HEALTHY!

Tired of having that extra weight around your belly? Tired of your sugar and carb cravings? Don't let emotional eating and carb cravings rule you anymore. Take control of your health, and get results with a supportive nutrition expert and author who gives you an easy, proven weight-loss action plan. No weighing-in necessary!

Linda Posnansky- Author/Nutrition Consultant
register at 510-323-6069 lindaposnansky@att.net

Cost: \$299.00

**Tools and supplements
to cut your cravings &
diminish emotional
eating.**

Unlimited Email Support!

**Easy Low-Glycemic
Load, Resistant Starch,
Detox Plan. No calorie
counting!**

**JAMA states "Reduced
Insulin Action Results
in
Weight-Loss"**

**Reduce Obesity-
Causing Gut Bacteria**

**Personalized
Recommendations.
Functional
Assessments**

**Includes 2 (1/2 Hour)
Health Consultations**

6 Week Meal Plan

6 Weeks of Recipes

Starts in March 2016

