

# Christine's Rapid Weight Loss

**Subject:** Justine Kotlarz, professional woman, living and working in downtown Toronto.

**Problem:** Excessive weight and poor health

**Solution:** Christine's Rapid Weight Loss Plan.

I've been overweight all of my life. As a child I wasn't encouraged to do physical things but to stick to my books and do well. I was rewarded for my accomplishments with chocolates and candies. I used to throw temper tantrums if I didn't get dessert.

As an adult I've recognized the problems of

being excessively over weight. My husband was skeptical due to the lack of success that I achieved with a variety of other diets. My weight would fluctuate but it would always manage to return.

Christine makes the plan seem simple. Justine explains that over a series of tests they were able to learn how her body works. "I've learned that Polish food doesn't work for me. I function better on protein with less carbs." For Kotlarz the biggest issue is balance. "I am an extremist. To stop eating all together is easy, but that isn't what Christine suggested. I had the

most difficulty eating three sensible meals a day, but with Christine's help and encouragement I was able to develop a routine and develop good habits.

Between Jan. 3 – 31<sup>st</sup> I lost 21 lbs of body fat and even married my longtime sweetheart. Two weeks later my body fat decreased another 10 lbs."

"I eat sensibly almost every day and I allow myself one night a week where I have the freedom to eat a little "forbidden food". Still, I don't get the cravings I used to. I don't crave chocolate or sugar as much and I'm feeling a lot healthier.

My energy level has increased and emotionally, I'm much more stable. I now have total control over my body and mind and I don't allow the everyday stresses to get to me. I have the ability to change the way I look and even the way I feel because I've learned what makes me a healthier person.

Christine's rapid weight loss program combines healthy eating with exercise. Her fitness centre is the talk of the city. Look for a café where healthy meals are prepared for their clients round the clock. To date Justine has lost 42 lbs of body fat

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