

Creating your IDEAL Body!

Creating your IDEAL body is creating from the inside - out, in a joyful way. A way that you get to choose the journey you wish to experience with ease and energy. It will be a process with a plan. It will be a new way of living and thinking so the weight doesn't come back. This will be a life long journey to health and wholeness and will spill over into your relationships, career and especially your health.

Creating your IDEAL body will be a better experience than you have ever experience while losing weight because you will be able to have choices of your own, a plan and do it with others that have been where you have been and will be on this new journey with you to support one another in the changes throughout the program.

Our philosophy is to discourage diets! There will be NO deprivation, hunger, rules starvation, NO have or have to's, NO should's or should not's ~~~!! We know that deprivation only causes you to binge eat, loose control and create more of a desire to think about what you can't have and leading to having more than you would have had you allowed yourself to have it in the first place. You thought patterns will eventually change from good foods/bad foods to ALL is good food. FOOD IS ENERGY! It is fuel for your body that you need in order to function and feel healthy.

IDEAL body is creating a WELL body (not a thin body) with ease and effortless and a joy to maintain and your life will feel great with your new body.