



# Discover The Easiest Way To Effectively Burn Fat in 21 Days

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# Program Philosophy

One of the most important aspects of sustained weight loss and weight management is adjusting your metabolism to burn fat for fuel not glucose. That is not as hard as you might think. The 21 Day Discovery Program is designed to put your metabolism on the right track as quickly as possible without focusing on exercise as the key to burning fat. You will be surprised how easy that can be through a few adjustments to diet and lifestyle. The program is very affordable and designed to provide you with positive feedback as quickly as possible to set you on the right track to permanent life-long change.

21 days is enough time to begin to influence metabolic biochemistry and fuel partitioning, so you can get a handle on hunger, appetite, and cravings. You will be well on your way to becoming a "fat burning beast".

## This Program Works!!

**It works!** Clients crave results. With the right amount of support and encouragement, I know that you will *feel better* in just 21 days. I will deliver a program that will adjust as we work together, while adhering to proven dietary and lifestyle practices that have helped so many. Working together you will not only learn how to burn fat effectively but will see significant improvements in your overall health.



**For 21 Days** you will be supported and guided to know exactly what you need to focus on and will receive educational material to guide you not only through each day of the program but long into the future.

## Why 21 Days?

Twenty-one days represents a benchmark in the gene reprogramming process, and not coincidentally, is also believed by many experts to be the length of time required to eliminate old habits and replace them with new ones. Make a sincere effort to follow this program for 21 days and you'll be transformed for life-as long as you remain on the Primal path.



## Don't delay...act now!

With a simple phone call or email you can change your life. Sign up is easy and you will begin to make change almost immediately.

The cost:

*Fat Loss Discovery Program*

**\$100**

Contact today at [livingalignedhc@gmail.com](mailto:livingalignedhc@gmail.com) or call: 780 246 7441

