

Frustrated with trying to lose weight?

Not getting the results you want?

What if weight loss was EASY?



IT IS EASY!!

With our Six Weeks to a NEW YOU Fat Loss Program

It's time you shook it! Imagine how good you will look and feel this summer on the beach, at parties, with friends and family. Wearing what you want – no more hiding in baggy clothes!

All the hard work is done for you, all you just have to follow this easy program and the results will follow. It really is that easy!!

Are you overweight? Do you ever catch yourself thinking, "how did I end up here?", or seeing your reflection and not recognising yourself? Getting unwanted stares from people? Maybe you would feel happier with yourself & had more energy if you lost those last few kilos. You are not alone; almost 60% of Australians and New Zealanders are overweight.

Weight loss program to fit you With so many products and weight loss systems in the market place how do you decide what is right for you?



We can help The Shake It Professional Weight Management Program, combined with the qualified support and advice from your Fat Loss Specialist Naturopath, And a membership to the MNW studio, is one of the most effective and complete fat loss programs available.

Shake It assists you to lose up to 2 kg of fat per week whilst preserving your muscle mass. Most calorie-restricted diets produce disappointing results due to the excessive loss of muscle mass. The loss of muscle reduces your metabolic rate (ability to burn calories) and increases your likelihood of putting the fat back on (yo-yo dieting).

Make an appointment today! Gain long-term results and lasting knowledge on how to create the body that you want to see and the health you want to feel.

The importance of the right advice and support Your Fat Loss Specialist Naturopath is the best person to give you the support you need. They will complete an individual analysis of your body composition, help you to set goals, and monitor your progress during your fat loss program. They can help you stay focused on your goal and journey as well as make it a fun experience. AND KEEP THE RESULTS! This is an eating for life plan, not just a short term fat loss program. Our combined goal is educating you on how to eat and exercise correctly to maintain your healthy weight for life.

Access the Shake It website for all the information you need during your program

The Shake It website www.shake-it.com.au is a free source of additional support and information, including;

- Shake It recipes
- Shopping list
- Downloadable diary for you to track your progress
- Tips to stay on track
- Tips for eating out
- Health Rebate advice, and more

What is Shake It?

- Real Food!
- Lasting Results
- Long Term Wellness
- Professional Advice and Support on your program

VLA-Vitality, Longevity and Healthy Ageing Test -FIND OUR YOUR FAT MASS!

Your Shake It Fat Loss Specialist Naturopath has received extensive training in maximising fat loss and improving vitality, making them ideally suited to help you achieve your goals. Your Practitioner uses a scientifically validated test known as Biological Impedance Analysis (BIA), which assists them to see how you are progressing with your shake it program. This test gives you your fat mass, muscle mass, biological age and more! You will receive this test in with your Shake It Program.



Staying on Track



Socialising & Eating Out



Exercise

If you want to make changes in your life, you have to make changes to your life!

SO CHANGE YOUR LIFE NOW AND SHAKE IT!

Here's one of our wonderful clients results:

Why did you sign up for the program? *I'd seen Jodie Coall's results after doing the program, and decided to sign up!*

How were you feeling before you made the appointment with us? *Lethargic, tired, anxious, flat, and unaware of what was causing all of this and why I wasn't losing weight.*

What were you expecting from your appointment? *I knew I'd have to change things in my life, but I had very had little expectations. I was nervous about what I'd have to do!*

What did your treatment do for you? *My Naturopath was able to show me why I felt the way I felt. She showed me that my body was out of sync and that until I fixed the problems I had, I wouldn't fix any of the symptoms and would struggle to lose weight. She sorted out my issues and put me on the shake it plan and I've lost 16 kilo's of fat. Pretty amazing stuff.*

How did you feel after your treatment? *At first I felt daunted at the changes I was facing, but I got stuck into it and followed the simple plan. I started feeling amazing within the first 7 days, now I feel fantastic. I feel like I'm a totally different person and I look like one too! Best thing about it is it works long term, it's a healthy eating plan for life!*

What would you say to others who are not yet sure about contacting us to help them? *I've had heaps of colleagues and friends ask to go and see my naturopath after witnessing the change I've undertaken, so I cannot recommend MNW highly enough!*

Sophie N. Melbourne

Join Our Six Week "Shake-it" Fat Loss Program & Get Admiring Smiles Not STARES

What you receive in your 6 Week Package:

- 1 x 45-60 minute initial Naturopathy weight loss consultation
- 5 x 30 minute weight loss consultations with VLA test (see below)
- 1 x Shake-it recipe book and Ketostix (for measuring fat burning)
- 1 x Shake-it protein powder
- 1 x Shake-it box of soup sachets
- 3 x boxes of Keto protein bars
- 2 x Meta Oil (metabolic fat burning oil)
- Shake-it Shaker and carry bag

Total Value \$ 1349

(A saving to you of \$502)

PREPAY YOUR PACKAGE FOR ONLY \$847 upfront and receive:

A 6 week complimentary membership to the studio to help Burn that FAT with unlimited Pilates and Yoga classes, you don't even have to break a sweat 😊 valued at \$222

(Bring a friend to support you and pay only \$747 each -that's less than \$16 per day! And you both receive the 6 weeks full membership to the studio FREE)

Direct debit payment plan of only \$145 per week also available

Some private health insurance companies allow rebates on the Shake it Fat Loss Program

Simply email Jodie@mnwc.com.au now to get started!

See you soon,

Jodie Coall



Director Melbourne Natural Wellness