

## Program Description

### Six Month Program Includes:

- 14 weekly sessions integrating mind, body and spirit focused on Lori's powerful three step process for healing and balance.
- Sessions are customized for each client and held in person or by phone.
- Offices in Englewood and Westminster.
- Private on-site, on-location consultations available for celebrity clients.
- On-site consultations available for local clients in sober living homes.

#### ⇒ Nutritional Therapy Assessment

Balance your body & brain chemistry for life.  
This is a key ingredient to recovery!

#### ⇒ Shifting Your Mindset

Learn techniques to ask for what you want ·  
get what you need · live the life of your  
dreams · set boundaries · communicate better

#### ⇒ Healing at the Cellular Level

Critical transformation step that increases  
awareness, and helps you reconnect your  
mind and body. Big Mind Big Heart Process  
· energy healing · more

### Getting Started:

- Live **weekly sessions** with Lori
- **Follow up support via email and phone:**
  - ⇒ Unlimited email support
  - ⇒ Six (6) one hour phone calls (scheduled in advance)
- **FREE copy** of *It Started With Pop-Tarts®*...
- **Flexibility:** sessions by phone or in person
- **Referrals** to alternative practitioners as needed
- **Client Referral Program** \$250 credit for referrals
- **Alumni Discounts:** 20% for Support Packages
- **Two FREE months** in the Secret Stepping Stones VIP Support Forum

## FACTS:



Anorexia has the highest death rate of any psychiatric diagnosis\*

85% of eating disorders start between the ages of 13 and 20.\*

Eating disorders are among the most life threatening of all psychiatric conditions.\*



"Recovery *IS* possible! Regardless of when your eating disorder started or how many treatment programs you have tried."

- Lori Hanson

"In just 3 months, Lori helped me realize that what I went through is not something to handicap me in life, but rather an experience that gives me strength and is part of my character today."

A.S., Client, California

"Lori's coaching program is a **perfect fit** for ongoing support **after residential or IOP** treatment. She provides the next level of support you need for relapse prevention and recovery."

Belinda, Client, Colorado

"I **highly recommend this program** to anyone who is seeking a loving, alternative approach to healing an eating disorder."

Tricia, Client, Minnesota

\*Source, Rosewood Ranch Center for Eating Disorders

## Program Benefits

- **No life disruption for treatment.** Long-distance or local, clients continue to function in day-to-day activities.
- **Low-cost** confidential program **not controlled by insurance** company.
- Helps "at risk" teens address issues before the behaviors become destructive to life.
- Guides short and long-time ED sufferers to a **healthy, peaceful, fulfilling life**.
- **Women over 35** that have a long history with ED's find a special connection with Lori because of her 34 year battle.
- **Nutritional therapy** helps clients move from desperation and willpower to desire and ease—a **key piece to recovery**.
- Alternative approach **teaches clients how to reconnect mind and body**—which is critical to recovery.
- With alternative treatments **healing is at the cellular level**. Results are much faster and life changing.
- Program is focused on creating an **end result of a healthy, balanced lifestyle**.

"As professionals we must be open to integrating new ideas of treating these suffering patients. Lori Hanson, really understands that to treat an eating disorder one must take a holistic approach."

- Dr. F. C. Cox, Psychologist

"Lori is on the fast track to becoming an icon in her field."

Mike Gantenbein, CADCI, MA,  
Drug and Alcohol Counselor

## Why Learn2Balance?

Founder and CEO of Learn2Balance, Lori Hanson personally battled with bulimia and her self-image for 34 years. Through perseverance she learned that we are designed to self-heal and found an alternative path to recovery employing mind, body and spirit.

Hanson realized her path to recovery was a gift. She shares her personal story and integrated mind, body, spirit approach to healing and balance in her award-winning book *It Started with Pop-Tarts®...An Alternative Approach to Winning the Battle of Bulimia.*

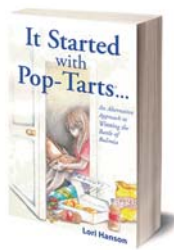
A leading authority on eating disorders, Lori is an international media favorite. She is a regular guest on radio and TV shows to raise awareness about eating disorders.

An entertaining and humorous speaker she challenges teens, college students, women and parents to live peaceful, balanced, purpose filled lives.

Hanson is the Founder and Chairman of The COEDS Project (TheCOEDSProject.org) to raise awareness about stress and eating disorders on college campuses. She is creating a documentary COEDS to profile the link between college life, eating disorders and stress.

## Who loves Pop-Tarts?

"Lori Hanson's bulimia recovery guide includes vital new information on the physical causes of compulsive eating that can make all the difference between recovery and relapse." - **Julia Ross**, Author of *The Diet Cure* and *The Mood Cure*



"What's especially helpful about this book besides the inspiring personal honesty of the author - is the organized way in which she summarizes her progress after the healing begins. Experiences with acupuncture, energy healing, Hellerwork, yoga, the law of attraction, and other alternative healing modalities." - **Rayni Joan**, Author of *The Skinny*

## Lori's Mission

"To inspire people to live peaceful, balanced and purposed filled lives. To teach clients how to reconnect their mind and body and to live from their hearts instead of their heads."

"Lori Hanson is one of the few persons in all my years of psychiatric care that has really gotten through to me... I made more progress with her in a couple months than I ever did while inpatient or with the hundreds of sessions with the therapists that I've had in my life. The supplements she suggested to me didn't just help me, they saved my life."

Doja, Client, Maryland

"The fact that Lori has experienced first-hand what I have gave me comfort and allowed me to trust her and be open."

B.S., Client, California

Call Now

FREE  
30 minute  
consultation

877-650-HEAL

"Lori has helped me get in touch with some deeply ingrained pain & self-image issues stemming from my childhood, to verbalize them and most importantly, to finally let them go. It's not about talk therapy or dieting, but rather about trusting myself, Lori's guidance, and the universe."

Client, Virginia

"After a few short months of time spent with Lori, I changed my perspectives and found freedom from my obsessive thought cycles. I returned to a healthy weight as a side effect of relieving anxiety and stress from my life."

Client, Southern California

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877-650-HEAL

## GPS to Freedom

### Eating Disorder Coaching Program

## Heal with Integration of Mind, Body & Spirit



If you have a track record  
of treatment programs  
and are still searching for  
your recovery

THIS PROGRAM IS FOR YOU!

Find the peace of mind and  
balance you are longing for

Learn 2 Balance®  
Holistic Solutions for Eating Disorders & Life