

Package Description

Package Includes:

- **Nutritional Assessment and Questionnaire**
- **Analysis of the Nutrition Assessment**
- **Five (5) one hour coaching sessions**
- **Consultations are done in person or on the phone**

You will explore and understand more about how your current diet, lifestyle and habits are affecting you.

You will learn how to identify the patterns that send you out of balance. And using the combination of a balanced meal plan, nutritional supplements, relaxation techniques and exercise you will find the changes and balance you desire.



This program is based on the Learn2Balance three-step process:

⇒ Nutritional Therapy Assessment

Learn how to balance your body and brain chemistry for life. This is a key ingredient to balance.

⇒ Shifting Your Mindset

Learn techniques you can use 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 steps that increases awareness, and helps you reconnect your mind and body

Are you one of the millions of people going through life with chronic pain, underlying health issues you may not be aware of and can't understand why you crave certain foods, drink too much, can't sleep and get no relief at the doctor's office or from prescriptions?

Diet and nutrition are the foundation—of everything! But most Americans are conditioned to eat on the run, eat what tastes good to them and drink caffeine and soda all day long. They don't stop to think about what the body needs in the fuel tank.

If you have one gallon of gas in your fuel tank and have 300 miles to go—will you get there? Of course not!

If you put sand and maple syrup in your gas tank how well will your car run? Not very well!

But people do this to their bodies everyday and expect to feel good, have great energy and be happy.™

—Lori Hanson

Is it time for *you* to reconsider what you are putting in *your* tank?

Does the thought of waking up feeling rested with lots of energy appeal to you?

Would you like to lose 25, 50, 75 pounds or more so you can be active and enjoy your life?

Call now and Learn2Balance your life!

877-650-HEAL

Program Benefits

“After this coaching program you'll know how what you eat affects you, where the cravings are coming from, how to plan your meals and days to have more energy and feel more balanced, centered and in control. Your attitude and outlook on life will improve and you'll have the foundation for a better lifestyle that will position you for success, because diet and nutrition are the building blocks for life.”

—Lori Hanson

You need balance!
Learn to integrate your
Mind, Body & Spirit

- **Nutritional therapy** helps clients move from desperation and willpower to desire and ease—a **key piece to balancing your life**.
- It's not just what you eat and drink—it's what you are thinking and how often you slow down. Stressed out, frustrated and unhappy? Understanding how to **shift your mindset** will bring you **back in balance**.
- With alternative treatments, **healing is at the cellular level**. Results are much faster and dramatic.
- Program is focused on creating an end result of a **healthy, balanced lifestyle**.

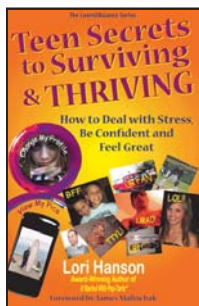
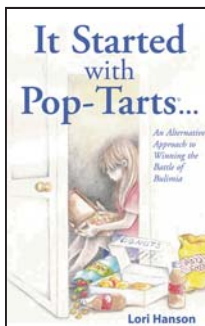
“I highly recommend this program .”
Tricia, Minnesota

About Lori

Award-winning author, speaker, stress and eating disorder coach, Lori Hanson knows what it takes to find balance. She battled with bulimia and her self-image for 34 years. Her expertise comes from personal experience. She has studied diet, nutrition, exercise and alternative medicine for over 25 years.

Lori shares her personal story and her Hot Pastry Principles™ for healing and balance in life in her award-winning book, *It Started with Pop-Tarts®...An Alternative Approach to Winning the Battle of Bulimia*.

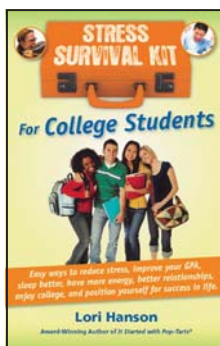
Teen Secrets to Surviving & THRIVING is popular with youth and her latest, *Stress Survival Kit for College Students* is a big hit on college campuses.



A leading authority on eating disorders, Lori is an international media favorite and a frequent guest on international radio and TV shows to raise awareness about eating disorders, stress and the need for balance.

A regular on college campuses, she is an entertaining and humorous speaker. She challenges teens, college students and parents to live peaceful, balanced purpose filled lives.

Ms. Hanson is Founder and CEO of Learn2Balance, the Learn2Balance Foundation Shewolf Press and the Association of Alternative Treatment for Eating Disorders (AATED).



Lori's Mission

"To inspire people to live peaceful, balanced and purpose filled lives. To teach clients how to reconnect their mind and body and to live from their hearts instead of their heads. And to eliminate the stigma associated with eating disorders."

"Lori is the best coach! She understands me, holds me accountable, but doesn't judge me."

Angela, Virginia

Call Now

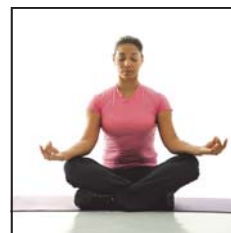
FREE
30 minute
consultation

877-650-HEAL

"After coaching with Lori, I changed my perspectives and found freedom. Within 3 months, I returned to a healthy weight as a side effect of relieving anxiety and stress from my life."

Chloe, Southern California

Learn2Balance Your Life



Learn2Balance.com
Coach@Learn2Balance.com
877-650-HEAL

Nutritional Assessment Coaching

Are you —

- Fighting food cravings?
- Unhappy with your body?
- Stressed out?
- Always tired?
- In chronic pain?
- Incognito without caffeine?
- Sick of being sick?

You need
nutritional balance!



having an unhealthy relationship to food and their bodies....

The men just haven't been surveyed yet!

Learn 2 Balance™
Holistic Solutions for Eating Disorders & Life