

# GOT BELLY FAT?

Hoping you'll someday lose weight?

## Register for a FREE WORKSHOP!

- Learn **HOW** to burn stomach fat, not merely a few temporary water weight pounds.
- Learn **WHY** many people exercise with **ZERO** results.
- Learn **WHAT** is really behind resistant metabolism.
- **ONLY 2%** of overweight people are successful—**FIND OUT WHY!**

*Speaker: Dr. Nigel Brayer, D.C.*

The secret to losing weight in the belly, hips and thighs begins with knowing your BODY TYPE.

Come learn:

- The basic BODY SHAPES and how hormones can distort the body-blocking weight loss event when diet & exercise don't work.
- How the body's FAT BURNING hormones get triggered. Find out the biggest mistake people make with exercising.
- The 4 different causes of belly fat.
- How hormones affect what you crave. How chronic pain and sleeping problems relate to your body type.



Living Tree Center for Healing

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FOR HEALING