



Patrick Holford's
zest4life
 nutrition & weightloss

Are you **Serious** about losing weight and improving your health in 2015?

If you have tried and failed before, consult the **experts** to find out exactly what you need to do to lose weight, shape up and feel better than you have in years. zest4life programs are run by qualified Nutritional Therapists and trained Motivational Coaches who Work closely with you to get the results you want.

Expert Support: lose Weight, look Great, feel amazing!

The **zest4life** Fast Track Weight Loss & Vitality

- Follow health expert Patrick Holford's delicious low GL eating plan – eat more not less!
- Find out if your weight issues could be health issues which are simple to resolve
- Banish craving in just a few day
- In small, friendly group, lose weight quickly, boost vitality and learn how to live “stress” free, build a strong immunity, optimize skin health, turn the clock back, overcome comfort eating and much, much more...
- Personal 1:1 consultations also available



zest4life founder, Patrick Holford, is “one the the world’s leading authorities on new approaches to health and nutrition.”
 Daily Mail

Kickstart **FREE** Introductory session
 Tuesday January 6th 1-3 pm OR 6:30-8:30 pm.
 5 Week Paid Program begins February 3rd, 2015



MAKE GOOD CHOICES

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