

Whats this going to cost me Every individual facility will offer different programs at different rates and most are not cheap. You will want to shop around to find a facility that you can comfortably fit into your personal budget. However, don't forget that your dreams of losing weight, confidence, and long term health are priceless.

There are lots of things sabotaging people from proper, rapid weight loss. Not only do people have their own brains and anxiety to get in the way which is why I use hypnosis, NLP, and EFT to assist but there are myths out there that make people think incorrectly about rapid, safe dieting. How many times have you heard, Losing more than pounds a week is unsafe. Or You should never skip breakfast That messes up your metabolism or Look how those French people eat That plate is tiny That cant be enough Medicines and supplements can enhance your weight loss These are some of the myths people say to me and my patients when they embark on the rapid weight loss plans I place them on for fast, healthy weight release. Well, as a physician, I too have heard these things from nutritionists, dietitians, and other doctors and expert colleagues who still work under an old paradigm of whats right and wrong in dieting. Im here to share a new paradigm to bust these myths so that you can lose weight safely and rapidly just as your body has been designed to do.

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