



Representative Remarks

The following remarks from participants illustrate the effectiveness and appeal of the My True Body program:

"Because of the My True Body program, I'm very optimistic about losing weight." — Irene, an attorney

"The My True Body program treats the 'disease' of weight control instead of focusing on the symptoms. . . . This [training] should be an integral part of the skills program."

— Robin, a physician's assistant

"This has helped me in very subtle ways to understand my barriers that I wasn't totally aware of:" — Dean, an attorney

"The My True Body program is really helping me deal with stress and anxiety." — Jill, a commercial artist

For more information, contact us today!
www.mytruebody.com



my
truebody
weight management program

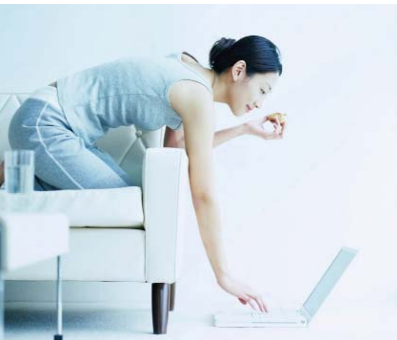
*Helping you rediscover the
blueprint for your true body.*

About the My True Body Program

While most other weight management programs are primarily behavioral in nature, **My True Body** is a neurobehavioral program—that is, it makes use of naturally occurring psychophysical processes in the body to set up a mind-body communication system. Participants use this system to reduce food cravings, induce healthy food choices, increase the desire to exercise, create the sensation of an already lean core body, and eliminate the negative emotions associated with impulse eating. In addition, the program is designed to identify and eliminate common barriers to weight management that operate at an unconscious level and often can't be identified or treated using traditional behavioral methods.

Results reported by participants in the program include the following:

- **Improved self-confidence.** Many participants feel that the skills they learn in the program lead to improved self-confidence in aspects of their lives other than weight management—in work and interpersonal relationships.
- **Generally decreased appetite.** Participants generally find that their appetites decrease, perhaps due to the emotional control tools they learn in the program to reduce naturally occurring stress and feelings of anger, sadness, and worry.
- **Automatic healthy food selection.** Participants report that they begin to automatically select healthy fruits and vegetables when dining, shopping, or snacking.
- **Reduction of cravings.** Participants report a reduction in previous snack and food preoccupations, including spontaneous changes in food imagery.



*"Inside every block of marble
lies a beautiful statue
waiting to be discovered."
—Michelangelo*

- **More mindful and less mindless eating out of boredom or distraction.** A common outcome among participants is a slower and more studied approach to eating; which includes a greater appreciation of food textures and flavors. Many participants report dreaming of healthy foods during the course of the training.
- **Decreased frustration with current body size.** Another common outcome reported by participants is a reduction in and often elimination of self-recrimination and depression related to current body size while dressing, shopping, or being in public.
- **Increased interest in movement, dance, or exercise.** Participants who previously haven't enjoyed physical activity often report on the simple joy of walking and going to the gym. A number of participants have begun dance lessons.
- **Increased energy and stamina.** Participants report having greater energy and stamina for daily tasks.