

Enough of the Fads!



I just want to encourage you to give this week's podcast a listen. There is so much good stuff in this one I don't even know where to begin! Click on the picture above to listen and be encouraged.

As Danny says in this episode, Trim Healthy Mama isn't a fad, it's an education. Anyone can learn the principles of the plan and apply them to their lives, no matter what phase of life they are in! Do you need to lose weight? These principles can be applied to you! Do you need to gain weight? Same principles apply to you! Need to maintain? Need to adjust for allergies? Pregnant? Menopausal? Teen? Child? Man? Woman? It doesn't matter! Because these are principles of nutrition, not a diet

fad. No matter where you are in life right now, you can gain health following these principles.

As always, if you need some help walking through this lifestyle I would love to be your guide!

Have you ever considered getting a coach to help you on your journey but you aren't sure what a coach could do for you? Contact me for a free consultation. I can explain to you how I would help you with no strings attached.