

Discover the Top 3 Secrets to Breaking through Fatigue, Fat, Foggy Brain

San Diego Chinese
Academy Community
Event

Seminar & Snack Sampling

October 1, 2017 @ 3pm to 4pm

La Jolla Country Day Community Hall

Do your weight loss efforts seem short-lived? Do you want to achieve long lasting weight loss success without feeling deprived from food? **YOU CAN!**

Imagine:

- ✓ Waking up with great energy and clarity like when you were younger.
- ✓ Eating to your heart's content and not having to worry about gaining a pound.
- ✓ Being in charge of your life instead of life running you.
- ✓ No more cravings for sweets and late-night snacks.

Are you ready to be in control of your mood and energy all day long?

Learn how to...

burn fat while you sleep

boost your metabolism with just 10 minutes of exercise

eat right for permanent weight loss, clarity, and energy

**Food Sampling : Non-Dairy Homemade Cashew Yogurt
Metabolism Boosting Chia Pudding with Berries**

Email: Isabelle@HealthyGutVibrantLife.com



Date: October 1st, 2017 @ 3pm

**Location: La Jolla Country Day
9490 Genesee Ave, La Jolla CA 92037**

Isabelle Yang is a certified nutrition consultant, certified gluten practitioner, and candidate of Nutritional Endocrinology Practitioner. She started her own journey in 2008, and she now specialize in utilizing digestive health to help people overcome symptoms of physical and mental distress one "bite" at a time.