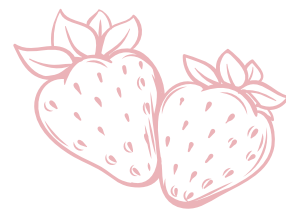




YOU CAN DO IT!



Stop dieting, Overcome Cravings and Lose Weight For Good!



By Sujata Din



3 Questions That You Need To Answer First

1. What diets/programs did you do before and why did these not work for you?

E.g. counting calories but always feeling hungry so gave up.

2. What are your goals?

E.g. To lose weight and drop a dress size.

3. Why is it important to you?

E.g. To fit back into my jeans and dresses and feel more confident again.



BEFORE



AFTER

Wellness With Sujata

Rina lost 21 Kilos and went down 3 dress sizes in 10 months. You can do this too!

My client Rina had never imagined that she could lose so much weight naturally whilst living her normal life. All these brilliant achievements have been accomplished while Rina has still been able to enjoy her favourite foods and while also following a healthy and balanced diet that is sustainable.

Some HUGE improvements that Rina has seen are:

- **Lost 21 kilos in 10 months** which is very impressive, and she's bought new clothes and is wearing dresses and shorts after 20 years.
- **Gone down 3 dress sizes and this boosted her confidence levels.**
- With her increased energy, fitness, and stamina, **she's doing things she used to love such as cycling and dancing.**
- Eating mindfully so can eat healthily whether **eating at a restaurant, at home or when travelling.**
- **Sugar cravings reduced naturally** and enjoys treats guilt free.
- She's **happy and positive** and doesn't doubt herself as believes in what she can do.



Wellness With Sujata

A little about me...

Welcome to your Three Days of Creating Healthier Habits, my introduction program. My name is Sujata Din and I am a Certified Health Coach and Certified Professional Cancer Coach. I have been guiding my busy clients for over 10 years to live a healthier and happier life by making small yet sustainable changes to their diet, lifestyle and mindset.

In the past, I suffered from low energy, poor digestion, hormonal imbalances, and poor immunity. I realised I needed to make some changes to regain my energy and health. I did this by slowly making changes that were doable; by eating real whole foods, crowding out those that did not suit my body and adding in foods to heal and nourish me.

If you are reading this and wondering how to get started, don't worry, it's not difficult and over the next few days we will be adding in one new habit at a time. I know you've tried diets and programs in the past that didn't work for you. Often this happens because you are following a restrictive program that doesn't allow you to have your treats or traditional meals.

I am going to show you how to do it differently and you won't need to stop your favourite foods or spend hours exercising.

In this introduction program I want to show you that it's practical and doable for you. It doesn't matter how old you are or how busy you are. You can fit this into your current life.

Welcome, I'm so happy to have you join me and get healthier. If at any time you feel stuck, do send me an email and I'll be there to give you some tips.
Sujata xx



Day 1



Day 2

Causes of sugar cravings



Not feeling satisfied



Bored eating



Feeling tired



Emotional eating



Low energy



Bad habits



Nutrition deficiency



Dehydration



Day 3

How To eat clean





Continue working with me!



These three days were an introduction on getting started on your wellness journey.

And there is so much more you need to learn and do. I would love to be your guide and show you what to do.

Set up a free call to learn how to naturally develop and maintain healthy habits and get to your goals. [CLICK HERE](#) to arrange this or send me an email at sujata@optimum-nutrition.org.