

Love Your Body.

It's about nurturing you from the inside!



HEALTH FROM WITHIN
HOLISTIC HEALTH PRACTICE

Tired of short term loss and guilt? Frustrated with will-power, diet, exercise and gaining it all back, and more? *It's not about the diet; it's about nurturing yourself from the inside.*

About this Program

This program offers **guilt free, long term results**. We know you are doing the best you can and it's not your fault for carrying the excess weight. You consciously intend to take good care of your body, however, unconscious stressors cause self sabotage and weight issues. We'll work on subconscious beliefs that cause you to reach for the chocolate, cookies and chips even though your conscious mind is telling you, "DON'T!" You can't overcome cravings with will-power, because the reason for your craving is not addressed- thus making weight loss a painful and unreachable task.

In this workshop, we use cutting edge techniques, including Focusing, TAT, hypnosis and EFT. These practices empower you to clear negative mental programs, freeing you from addictions to the foods that your body does not need, resulting in benefits that will last your whole life.

Goals:

1. Feel better about yourself and your body.
2. Eliminate one or more food addictions.
3. Be healthier and have more energy.
4. Improve your relationship with food.

If you're ready to love your body, register today for this unique opportunity! Call (505)819-9717 OVER 90% OF PAST PARTICIPANTS MEET ALL THE GOALS and MORE!

2-Part Workshops 2011 dates

* **Thursdays August 25 & Sep 1**

* **Thursdays Sep 8 and 15**

10 AM-12 Noon

6:15-8:15 PM

2209 Miguel Chavez Rd,

Building B, Suite F

Santa Fe, NM 87505

Call for additional times and dates

**Registration Fee: \$100/person
Limit 8.**

To register, call (505)819-9717

or contact Dr. Davie at

davie@post.harvard.edu

Joalie Davie, MD has been a physician for 3 decades and has cared for over 25,000 patients. She served on the clinical faculty of Harvard Medical School and taught and supervised other physicians and students. Dr. Davie integrates some of the most powerful healing techniques in modern science and



ancient wisdom to help women heal from trauma, loss, depression, and empower them to heal and take charge of their well being with ease and grace.