

Innovative Science to make a new YOU in 2010

Half day workshop by three Bay Area Experts

Naras Bhat, M.D. **Naras Bhat, M.D:** "The new science of slimming"



Naras Bhat, M.D., FACP, Board Certified in Internal Medicine, Metabolic Cardiology, Allergy. He is also certified/ in Stress Management and Bar iatric Medicine. Author of popular

books: How to Reverse Heart Disease and Cancer. Reversing Stress and Burnout. Dr. Bhat is trained to **detect and treat the risk of overweight-obese conditions** that might go undetected in non-medical weight loss programs. Dr. Bhat has been a Professor of Mind-Body Medicine at the University of Natural Medicine and currently **teaches at the University of California, Berkeley**. Dr. Mrs Kusum Bhat, PhD (Behavioral Medicine) will make brief comments of new science of food cravings.

- Why 95% of diets fail? (pit falls of old science).
- What are the 4 key elements of new science of slimming?
- The 10 Road rules of slimming based on new science.

Cost: \$25 per person or \$40 for two.

Date: Saturday, Feb 27, 2010

Time: 8:30 AM-12:00PM

Location: Concord Holiday Inn
1050 Burnett Ave
Concord CA 94520

8-8:45 AM: Registration

9-9:50 AM : Dr. Bhat

Break

10-10:50 AM: Coach Terry Joel

Break

11-11:50: Dr. Beth Halbert

12-12:30 Questions and Answers

Coach Terry Joel Certified Personal Trainer "Cutting Edge Programs for Fat Loss and Toning"



While transforming bodies and changing lives in the East San Francisco Bay Area, Coach Terry noticed that when people learned and consistently applied the three principles of fat loss, they achieved permanent and dramatic results. Coach will present a ready to go guide for you as well as some of Coach Terry's best tips for transforming you to achieve peak potential. Learn some amazing secrets.....

- How to get any fitness result you desire!
- 4 deadly mistakes to avoid.
- 3 Simple rules for supportive nutrition.- Self motivational tools for success.
- How much cardio is enough? The answer will leave you breathless.

Dr. Beth Halbert Psychologist (PSY19007) "10 Keys to Compassion™: Secrets to the Emotional Science of Weight Loss"

Dr. Beth is a Licensed Child, Teen, and Family Psychologist with a big vision and a compassionate heart. She is known as "America's Teenologist™." She has a 25+ year history of working as a dynamic Facilitator, Keynote Speaker, Clinical Psychologist, Life Coach, and Management Consultant. Dr. Beth leads National workshops based on her transformative **10 Keys to Compassion™** concepts for businesses, corporations, parents, teens and families. Her specialty is getting you in touch with your "Inner Family" and using the 10 Keys to Compassion™ to bring greater balance in all aspects of your life.

From her own experiences throughout her life, she knows the challenges of weight management and the emotional rollercoaster ride that accompanies it. Dr. Beth shares her *Story* of how her "Inner Teenager™" has consistently sabotaged all dieting efforts to lose her fat and how *Owning her Story* and making peace with her "Inner Teenager™" has empowered and transformed her life. This masterful Key concept, **Own Your Story™**, will...

- Help you see what is perfect about your fat and current life circumstances
- Transform past life experiences and memories into new powerful possibilities
- Become the conscious creator of your ideal body and total health fitness
- Bring more love, compassion, and playfulness into your life

Own your story, Own your life, Own your conscious emotional creations. Learn how to turn your inner saboteur into your greatest ally in order to create ALL your dreams and ideals NOW!!