

The help you need...



JANICE MANSON

Janice brings a wealth of clinical nursing and business experience to her role, be it as your clinical hypnotist, event speaker, corporate wellness trainer, or change facilitator. Whether the challenge is losing weight or business success, Janice applies the latest knowledge from neuroscience, medicine, nursing, psychology and business, to deliver effective hypnosis-based programs and achieve outstanding benefits for her clients.



BRIO

Love life. Live Everyday with Brio.

SHAYA SY-RANTFORS

Shaya has always been passionate about food—even at the wee age of 8 her idea of a good story was reading her mother's cookbooks cover to cover! Years of foodie "denial" ended when she took the plunge and took her professional training in Pastry Arts. However, the demands of restaurant lifestyle took a toll on her health and Shaya needed to find a balance between her health, her passion and her life. With BRIO and the Transitions Lifestyle System, Shaya has the chance to help others find the same balance with a custom

FREE OPEN HOUSE PRESENTATION

Fat-Free for Life—A Mind Body Approach to Return to Your Ideal Weight

Wednesday April 22nd, 2009

7-9pm

1409 Bellevue, West Vancouver

An Introduction to how hypnosis and a low-glycemic lifestyle will shed the fat and allow you to live the healthy, happy and sustainable lifestyle you've always wanted.

To register, contact Janice at 778-279-8800

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Presented by Mindclick Partners and Brio

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FAT FREE FOR LIFE

A Mind Body Approach to Return to Your Ideal Body Weight

www.mindclickpartners.com

Make the lifestyle change stick....

Excess weight is a symptom of life out of balance. Bringing back the right balance isn't just a simple matter of 'knowing' what to eat and how to exercise. Success involves 'doing'. Hypnosis works to remove the obstacles

A powerful approach...

that keep you from the 'doing', while living a low-glycemic index lifestyle becomes your sustainable way of 'being'. Both work to return you to how you were meant to eat —so you never have to diet again!

Janice Manson, RN-Clinical Hypnotherapist from MindClick Partners Inc has teamed up with Lifestyle Consultant-Pastry Chef, Shaya Sy-Rantfors, to offer a comprehensive 12-Week program which will get you 'knowing', 'doing' and 'being' on the last weight-loss program you'll ever need. This is change that sticks!

About the program...

- 12 Weekly Sessions—Meeting every Wednesday from May 6th, 2009—July 22nd, 7-9pm
- **Each Session includes** One hour of hypnosis for weight loss education, including a group hypnosis session **AND** One hour of education on HOW to live a low-glycemic index lifestyle—based on the Transitions Lifestyle System™. We will cover topics such as: “Detox”, “Get off the Sweet Stuff.”, “Label Reading”, “Substitutions”, etc.
- 12 Segment DVD series—each segment is an intro to the topic to be discussed each week (Included)
- Self-Hypnosis audio sessions for daily use between sessions (Included)
- Weekly accountability through a daily journal and/or interactive website (Included.)
- GI Index Guide for food choices (Included)
- The Secret Language of Feelings book for dealing with emotional eating (Included)

All this for:

~~\$58/week +GST~~

A Recession-Friendly
20% off!
Only \$46/week +GST



What is the Glycemic Index?

The **Glycemic Index** (GI) is a measure of a food's ability to raise one's blood sugar level.

The **KEY** to a permanent weight and health management solution is to choose **LOW-GI foods**. This prevents the “blood sugar rollercoaster”, that comes from eating high GI foods. This rollercoaster slows down your metabolism and can increase your body fat percentage—making it harder and harder to control of one's weight now and in the future.

By eating LOW GI foods, **one stays in “fat-burning” mode—maintaining a healthy metabolism. Energy levels stay consistent and muscle mass is preserved.** You feel fuller and more satiated when you eat LOW-GI foods.

What is Hypnosis?

- It is a **natural state** of relaxed, but focused concentration that allows you to easily establish new thoughts, beliefs, behaviors and habits so you return to your **normal healthy weight—effortlessly.**
- **Hypnosis works** by leveraging the vast power of your subconscious mind so you can apply what you know and learn.
- Hypnosis combined with low GI is **the secret ingredient** allowing you to achieve lasting, positive weight loss results.