

The Wellness Forum's ***Accelerated*** **Permanent Weight Loss Plan!**

This eating plan is an adaptation of The Wellness Forum's basic eating plan and relies on the true physiology of how a healthy body works, rather than 'tricking' the body into some temporary abnormal (and potentially very harmful) state. The program is based on four basic facts:

- The body requires complex carbohydrates as the primary fuel for metabolism
- High-fiber densely nutritious foods are calorie dilute and it takes fewer calories to fill the stomach with these foods
- Human beings cannot and will not be hungry for very long periods of time, and consuming calorie-dilute foods will allow people to eat until they are full, rather than using will power to endure hunger
- Attaining and maintaining your ideal weight will require developing a new relationship with food, learning how your body uses food, and developing new eating habits

The program includes:

- Classroom sessions, or books and tapes for those who are in areas not serviced by a Wellness Forum center
- Personal coaching and email support
- Menu plans – just follow the plan and you don't have to decide what to eat every day

You will not be hungry, and the meals are delicious!
Lose weight AND improve your health!