

THE ULTIMATE GUIDE TO...

"HOLISTIC WEIGHT RELEASE FRAMEWORK"

WOMEN WHO ARE TIRED OF THE
FAD FAILED DIETS

WELCOME WOMEN WANTING TRANSFORMATION!

Thank you for taking your precious time to download and move through this guide! I am excited to hear about the insights and shifts that come from you moving through this content and the questions included below.

Ready to begin? Of course you are!

LET GO OF THAT EXCESS WEIGHT FOR GOOD AND
HAVE A BETTER A BETTER RELATIONSHIP WITH YOUR
WHOLE SELF

RELEASE THAT WEIGHT FOR GOOD

Greetings! My name is Sarita Wilson and I have developed an organic system for women wanting to shed excess physical while releasing the emotional weight along with it for good.

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When I had enough dealing with the negative effects of the excess weight on my body along with the low self esteem I fell into the yo-yo-dieting trap for a while. I had NO real idea of how to love, listen and nourish my body and mind..

I was probably a lot like you are right now...

- ✗ Turning to junk and fast food to numb whenever feeling uncomfortable emotions
- ✗ Doing strenuous exercises you did not like
- ✗ Putting down your body.
- ✗ Feeling unworthy in investing in your overall well-being
- ✗ Trying fad diets and quick fixes that only work short term.
- ✗ Unsure and confused about the foods that are supportive for your body.
- ✗ Feeling lonely and unsupported
- ✗ Prioritizing others need and wants over your own well-being
- ✗ Giving up after failing a diet plan
- ✗ Ignoring the subtle messages of your body
- ✗ Don't feel safe and comfortable in your body

Doing basically everything wrong... or at least the really hard way

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Then I finally discovered what aligned for me... and everything finally clicked into place. The excess weight was not the only thing I lost.....and kept off.

... While other diets focus on extreme workouts, calorie restrictions that do not work...

Glow Holistic Weight Release program will not only help you shed the physical weight but also release the emotional weight along with it.

... read every word of this guide, as it just might be the single most important “freebie” you’ve ever downloaded.

It’s not about waiting for a challenging life event to happen to make a change for yourself. It’s about being pro-active in your health and overall-well being.

It’s time to pour into yourself.

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Sustaining long term weight loss Holistically by implementing these 3 pillars:

Pillar 1) My Beautiful Mind

Pillar 2) My Lovely Body

Pillar 3) My Soaring Spirit

When each of these 3 pillars are done right, the excess weight that has been burdening you will release.

You ready to dive in? We'll start with...

Pillar 1: My Beautiful Mind

Where ever the mind goes the body follows. Therefore, first you have to be aware of your thoughts and beliefs about your self that are on the subconscious level.

What pain or emotions have been burying under the distraction of food?

How does it feel in your body when you step into them? How does it move into the world?

These questions will help you move beyond your biggest obstacle - YOU.

Being aware of your mindset and emotions is the foundation of knowing yourself and understanding why you do the things you do and why you don't do the things you want to do. Feeling in control about your choices of food and behaviors is power and freedom. However it requires confronting the origin of our habits and hidden emotions, which can be challenging but can be done.

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Your vision and mindset need to:

- be able to lovingly overcome your subconscious beliefs about shame, not feeling worthy and lovable, and not feeling at ease or protected
- flip your beliefs around fear of change from "this is who I am" to knowing I am capable of transforming my life that will benefit me for the rest of my life
- knowing that you deserve to feel good and comfortable in your skin
- stop tolerating anything less than what you are meant to experience
- overcome any and every obstacle that will inevitably come your way

If any part of your mindset is not aligned with the vision of yourself letting go of that extra emotional, mental and physical weight - it will be mirrored in other parts of your life. You can probably see it in your life now, maybe in your career, relationships or home life feels heavy and burdensome.

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Pillar 2: My Lovely Body

No it is not enough to just manipulate your body and food for a short period of time to lose weight. The yo-yo dieting stops here. I invite and give you full permission to envision and experience what it would be like to release the weight by loving your body instead of fighting it!

Your body is not the enemy to be punished and scolded.
It's time to have compassion and grace for your body because it's been supporting you since you were conceived! It's about really listening to what the body is communicating and giving it the attention, beneficial practices and information for your body.

If the excess weight you are carrying is hindering you or making it harder for you to do everyday tasks or things that made you feel good, then it's time to ask yourself what is causing this symptom of excess weight and what do I need to do make functioning and moving in my temple easier for me.

Every molecule of your body is saying:

I see you,

I hear you,

I feel you

I know what you desire

I know what you fear

I know why you're having such a hard time getting what you want

There is another way.

Are you listening?

... and I am here to serve you when you are ready.

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Pillar 3: My Soaring Spirit

Maintaining a balanced weight requires a Holistic approach. Focusing only on what you eat and exercise is only part of solution. The main part is having a balanced mindset towards yourself and also having a positive support system. Outside influences or Community is so important in any type of transformation because we heal in community, to be seen and heard and validated. You heard the phrase "no man is an island", it's true. Healing takes place within a positive community.

What would your life be like and feel like if you said yes to freeing yourself instead of feeling imprisoned? Really ask that question to yourself and let your imagination be free. Also ask how would your transformation impact not only your life, but that of your children, family, work environment, relationships and humanity. You feeling good affects everyone not just you. It's a win, win for all.

This transformation requires you to.....

- Be honest with yourself
- Have a strong desire to want something better for yourself
- Do the work
- It can be scary to do something you have not done and to put yourself first. Trust me I've been there. But all the "scary" things that I decided to do for myself that I was uncertain about always worked out in empowering me and deepening my relationship with myself. That is what I want for you!

LET GO OF THAT EXCESS WEIGHT FOR GOOD AND HAVE A BETTER A BETTER RELATIONSHIP WITH YOUR WHOLE SELF **So What's Next?**

That's the exact strategy I use to bring lasting change in feeling lighter in the body and in the mind.

So what's next?

Well, there's only so much we can explain in this guide, so if you're happy with what you're reading so far, here's the next step:

1. If you're not already following me on Instagram: [@lightandtruth.hh](https://www.instagram.com/lightandtruth.hh)
2. Help me get to know you by completing this quick step - [CLICK HERE](#)



Peace,

-Sarita Wilson