

Volunteers needed for free 6 week diet trial



Patrick Holford, founder of the Institute for Optimum Nutrition and best selling author, is looking for **volunteers** to attend a **free** 6 week trial in the **Weybridge area** to lose weight and improve energy. You will be following his low GL weight loss programme and will receive motivational weight loss coaching. The results will be measured against other weight loss methods and used as part of a national study on weight loss and motivation.

Patrick Holford, Psychologist, Nutritionist and founder of the world renowned Institute for Optimum Nutrition is perhaps best known for his best selling books, *The Optimum Nutrition Bible* and *The Holford Low GL Diet*. More recently he has been a regular guest on GMTV's Lorraine Kelly show changing people's health by making simple, yet highly effective changes to their diet.

His life's work has been researching Optimum Health through Nutrition and his low GL (Glycemic Load) Diet concentrates on getting the body back into balance so that weight loss is achieved and maintained and energy levels are dramatically increased. He is currently looking for volunteers to attend a free 6 week programme, to lose weight and increase energy following his low GL programme and invites you to apply.

Sessions will be run by Helen Hodgson, an experienced, degree qualified Nutritional Therapist, Lecturer in Nutrition and fully accredited Coach.

In order to qualify for this trial you will need to:

- have a minimum of 10lbs excess weight to lose
- have an interest in improving nutrition to benefit health and be committed to losing weight and re-gaining vitality
- have experienced significantly reduced energy levels for at least one year
- have tried several diets before and re-gained some or all the weight you have lost
- have experienced cravings and/or sometimes felt the need for comfort eating
- be prepared to commit to attending a 6 week programme consisting of one session per week for 2 hours in Weybridge starting soon.
- provide feedback and give your permission for the results to be used as part of a national research project on weightloss and motivation

What is GL?

GL stands for Glycemic Load and is a measurement of the quantity and quality of carbohydrate in food. It is an accurate measurement of which foods produce the best health and weight loss results and is one step further on from GI (Glycemic Index). It has so far proven to produce better results compared to GI, low fat, low calorie or high protein diets. This trial is part of a continued testing of the success of GL versus any other weight loss method.

Apply now to take part in this diet trial starting soon in the Weybridge area

Mornings (10 am-12 pm) or evenings (7pm- 9 pm)

Call or email Helen Hodgson on 07776 354063

helenhodgson@zest4life.eu

If you would like to take part in this free diet trial, please apply to Nutritional Therapist and **zest4life** Coach

Helen Hodgson 07776 354063
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Patrick **Holford's**

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