

# Meta-Set ©

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An 8-week program designed to help gain control of your metabolism so you will not have to diet anymore.



## Weeks 1-2: Recharge

Make your leptin and insulin receptors become more sensitive. Recharge your metabolism.



## Weeks 3-5: Adapt

If you're not burning fat, then you aren't becoming leaner. Stop carb dependence and use fat for fuel.



## Weeks 6-7: Balance

Stress and sleep disruption block the metabolism. Balance cortisol, appetite hormones, and circadian rhythm.



## Weeks 8: Maintain

Break the diet trap and move to a lifestyle of weight maintenance. Unlock pitfalls that lead to yo-yo dieting.



Program Cost: \$500

Begins February 14th at 5:30 pm

Live webinars will be every Thursday @5:30 p.m.

Registration Opens January 15, 2018

Registration Deadline Feb 5, 2018. Seats Limited

For more information  
go to

<http://www.soundintegrative.com/meta-set>