



Wow! You Are Really Lucky.... You Have A High Metabolism!

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is an all day seminar or one hour workshops

Deb teaches your guests living skills and food choices that will enable participants to change their future health; as well as the health of their families for future generations.

An all day event will cover all of the following topics:

Wow! Get Your Metabolic Fire Burning
Ingredients 101
The Skinny On Fats
Super Foods For Super Humans
To Carb or Not to Carb
Honey, I Poisoned The Kids
The Pumpkin VS The Grape **AKA** Vitamins For The 21st Century

At the end of the day your guests will be amazed at how much they did not know about the foods they eat everyday. They will be equipped with new skills to change their lives. From this day forth, they will use **skill** powers to keep them healthy without dieting, so that **will** power is no longer necessary.

Caution: When you incorporate these fun-fast-healthy living skills into your life, you will experience a profound improvement in healthy, spirit and attitude.

Deb Bixler
717.751.2793
www.DebBixler.com