



HI! I'M LAURA!

I'm a mom of 2, Holistic Nutritionist and founder of the Lavish Method.

I teach women who just want to lose weight a simple way of eating that doesn't involve giving up wine or chocolate. It works even if you have zero willpower, don't exercise and have failed at every diet you've tried :)

When I was struggling so hard to lose weight, I tried to use willpower to avoid the foods I knew were bad for me (like wine and chocolate).

It was hard and it didn't even get me the results I wanted so badly.

I alternated between being mad at myself and being really disappointed in myself (that feeling was worse). I was a smart girl. This shouldn't be happening over and over and over again. Except it was.

So I decided to get smart about food. What was it that made this so hard? Why did some foods have this power over me that made it impossible to say no? Why did eating 'healthy' not work for me? So many questions.

Answering these questions created THE lightbulb moment I was looking for. That's how I got the scale to actually move.

That's what this Starter Kit is all about.: giving you the resources to have your own lightbulb moment and FINALLY get the scale to move. For good.

Weight Loss Starter Guide



Key Facts

WEIGHT LOSS

- Weight Loss is a hormonal state and does not always depend on how much food you're eating (AKA calories don't matter nearly as much as you think).
- Food is made up of three things: fat, protein and carbohydrates. These are called the macronutrients and they are very different in how they digest and which hormones they allow to take control.
- Fat is digested very slowly and doesn't spike blood sugar
- Carbohydrates digest very quickly and spike blood sugar
- Protein digests faster than fat but slower than carbs. Protein also raises metabolism when digesting

FAT CONTROL HORMONES & BLOODSUGAR

- Insulin is basically your fat storage hormone
- Glucagon is basically your fat burning hormone
- Insulin & glucagon are counterparts, meaning when one is high, the other is low
- Blood sugar is absolutely INTEGRAL to fat loss.
- High blood sugar = high insulin = high fat storage
- Low insulin = high glucagon = increased fat burning

WHAT DOES THIS ALL MEAN?

- You can choose foods that minimize insulin and therefore help put your hormones in weight loss mode
- Most low cal 'diet food' does the opposite and actually SPIKES insulin, putting you in weight GAIN mode. Yikes!



MEDICAL
DISCLAIMER

All information contained within this guide is for informational purposes only. It is not intended to diagnose, treat, cure or prevent health problems – nor is it intended to replace the advice of a qualified medical practitioner, health practitioner, or fitness professional. No action should be taken solely on the contents of this guide.

Always consult your physician or qualified health professional on any matters regarding your health or on any opinions expressed in this program.

The information provided within this guide is believed to be accurate based on the best judgment of the author, but the reader is responsible for consulting with his or her own health professional on any matters raised within.

We do not assume liability for the information contained within this guide, be it direct, indirect, consequential, special, exemplary, or other.

It's advisable to consult your physician before changing your diet, starting an exercise program, or taking supplements of any kind.

Weight Loss Starter Guide



Takeaways

- You need to eat the foods that keep insulin low and steady in order to avoid storing more fat and actually allowing the fat that IS stored to be used for energy.
- You also need to eat LESS frequently (nope, small meals placed closer together do NOT help with fat loss. It's actually the opposite, because small meals spaced closely together encourage more insulin and more insulin = more fat storage).
- Bigger meals that are higher fat, lower carbohydrate and moderate in protein are much better for fat loss.
- Meals like this also keep you feeling fuller longer and help to banish cravings

Top 5 Foods To Include

Eggs
Wild Salmon
Avocado
Grass Fed Beef
Leafy Greens

Top 5 Foods To Avoid

Pasta
Fruit Juice
Bananas
Granola Bars
Yogurt Drinks

Next Steps

Did you find this helpful? I sure hope so. The next thing you NEED to do to lose weight (without giving up wine & chocolate) even if you have zero willpower, don't exercise and have failed at every diet you've ever tried is to attend my free Masterclass. We'll dive DEEP into what you ACTUALLY need to eat & do to lose weight & keep it off (no willpower required).

CLICK HERE to register or go to:
<http://bit.ly/2mVwfla>

Unbalanced Blood Sugar



Lifestyle Changes

1. Avoid excessive carbohydrates and instead increase healthy fats in the diet. When you do eat carbohydrates make sure they are the RIGHT ones (that means no more 100 calorie snack packs).
2. Always balance your blood. Avoid insulin spikes which lead to weight gain.
3. Manage your stress. Stress can be a root cause of unbalanced blood sugar and cause excess belly fat.