



*Bust Through Your Weight Barrier,  
Boost your Confidence and Supercharge  
your Success in 90 Days*

**With Sue Ritchie**

*Your Ecstatic Health Mentor*



**Welcome to an opportunity of a lifetime...**



Here is a wide-open portal waiting for you!

And if you choose to walk through this portal... On the other side you'll meet your new slimmer, healthier, energised and confident self.

Are you ready? I invite you to expand into a full-bodied YES!

And... At the same time, I also want to take a moment to honour that there may be some strong feelings present... Fear. Nervousness. Exhilaration. Trepidation. Doubt. A big melée of so many emotions all rolled into one, I bet! And you know what – I understand.

For it wasn't that long ago that I was in the same shoes, looking to make a similar big decision. I remember being a bit like a deer-in-the-headlights, yet also knowing deep in my heart that this was a leap I really had to make. *And so I did.*

This is a big moment... You get to decide. Are you truly done with how things have been in your life up until now?

*Have you had enough of feeling uncomfortable about your body? Is this stopping you from really putting yourself out there to take your business to the next level?*

*Are you weary of not feeling healthy?*

*Are you tired of having low energy?*

*Are you fed up of carrying extra weight and all the issues that brings?*

*Do you desperately want to live a healthier life but feel stuck in your current situation?*

*Are you scared to look in the mirror because you don't like what you see?*

If so, then it's time to decide to do whatever it takes. Every successful person has been in this same place as you, and had to decide to walk through this same fire.

If this feels like a fit for you... Then I welcome you with open arms. This will be an amazing fully supported experience that will see you embracing the new ecstatic, slimmer, healthier you with zest. If you feel called to join me then I know that your soul will guide you to make it happen.

I look forward to holding space for the new slimmer, healthier, confident YOU!  
Vibrantly yours





## What is the “Bust through your Weight Barrier, Boost Your Confidence and Supercharge your Success programme“all about?

Well 15 months ago I was 2 ½ stone (35lbs) heavier than I am today, I had health issues, was constantly feeling tired, I found it difficult to focus and concentrate because my brain just seemed to feel foggy. I was at the point, that even though I ate “healthily”, I had pretty much accepted that I would not be able to lose any weight.

5 years ago I was diagnosed with Hashimoto’s disease - an autoimmune disorder that makes the thyroid gland underactive. I was told by my doctor I would have this for the rest of my life, but I was determined for that not to be the case. So I spent many weeks, and hours researching over the years. Then one day last March after meditating I suddenly had what I call a “Cosmic Fax”. This gave me a big clue to the root cause of my health issues and it truly was a Eureka moment!

Through addressing and eliminating the root cause and changing the way I ate, I was astonished that the pounds just fell away and in 90 days I had lost 2 stone (28 lbs). There was no starving and feeling hungry and my energy just seemed to soar. I was sleeping so well, a totally new experience for me, the brain fog had gone and I felt amazing. I still do!

I have not had any illness at all since then and those extra pounds have stayed off!

I’m super passionate about sharing with you how I did it - and the great thing is you can easily benefit from all that I had to learn the hard way! I have designed this programme to be as simple and easy as possible for you to follow.

### This programme is for you if:

- You are truly ready to give up the misery and pain that comes with being overweight and are 100% committed to losing weight and transforming your health for the long term.
- You know there may be inner obstacles in your way, and you’re willing to invest to get the support you need to make sure you don’t get stopped.
- You want to have customized and personally tailored support so that you get the maximum benefit from the programme

**[Click here to apply for your Free “Bust through your Weight Barrier Breakthrough” Session today.](#)**





## Intentional results:

- ❖ Feel confident and comfortable in your own body
- ❖ Get to your natural ideal weight and keep the pounds off
- ❖ Wake up every morning feeling ecstatically vibrant and full of energy
- ❖ Be able to focus and have a clear head
- ❖ Feel sexier, attractive and confident
- ❖ Be able to listen to your body and understand its needs
- ❖ Move your business to the next level
- ❖ Manage your stress levels effectively
- ❖ Step more into your feminine essence as a place of power
- ❖ Boost your immune system
- ❖ Love your body and no longer hide under clothing
- ❖ Discover how factors outside of nutrition and exercise can impact your health
- ❖ Learn the benefits and get guidance on how to bring more self-care into your life

## Programme Structure

This is a 90 day programme that includes:

- A Personal half day visit to your home where we will review your store cupboard and refrigerator to identify and eliminate foods and products that do not serve your body and your health. Your own one to one take home guide to getting started with the programme. By the end of this insightful visit you will have what it takes to start making empowered food choices.
- Weekly one to one support calls to help you stay on track.
- Weekly menu planners. These resources will save you time and effort.
- Recipes and instructions. These gems accompany each week's menu plan to simplify your ecstatic meal preparation.
- A handy guide to staying on track when socialising and eating out.



- An invaluable guide to staying on track when on holiday.
- Simple, straightforward tasty and nutritious meals that can be prepared quickly and easily.
- Ready prepared shopping lists to save you time.
- Step by step guides for each element of the programme.
- An inspirational journal template to track your weekly progress.
- Before and after photographs to celebrate your transformation. **PLUS**
  - + Practical tips and processes for dealing with stress and overwhelm
  - + Guide to developing an exercise routine that will serve your specific needs
  - + Discover how factors outside of nutrition and exercise can impact your health
  - + Learn the benefits and get guidance on how to bring more self-care into your life

## You choose the path you would like to take

Do you want to stay keeping on doing the same old thing and getting the same old result?

Or...

Would you like to honour your body and your health and take control of your life by taking this step and being the beacon to your family and those around you?

You can do this... It's all about harnessing a deep faith in yourself... You have it in you to follow your inner guidance towards what feels good to your soul.

This will be one of the most valuable investments you have ever made in your body, and your future. I invite you now to take charge of your destiny and give this ecstatic gift of health and radiance to yourself.

I am truly committed to excellence in serving as your mentor... And I am deeply committed to seeing you get the healthy body transformation you deserve..

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