



Rose Cole

How To Lose the Last 10-20 Pounds
and Double Your Energy... All Naturally

THE COMPLETE
HOLISTIC
WEIGHT LOSS
COLLECTION
TRANSCRIPTS

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HOW TO LOSE THE LAST 10 – 20 POUNDS, DOUBLE YOUR ENERGY... ALL NATURALLY

Shelley: Thank you so much for taking the time to do this. So, Rose, in your view why is a holistic approach to weight loss so important?

Rose: The reason I think it is so important is because the holistic approach is really getting to the root cause instead of dealing with the symptom. So, I have found that holistic weight loss is more permanent. Whereas, when you are doing more the opposite side of the coin would be more a western weight loss so working with, like a dietician or doing something like calorie counting would be more western or doing the one like Jenny Craig or one of those programs, which really just around counting calories that, you know, calorie in calorie out, which we know that that paradigm doesn't work because everyone would be fit if that works.

So the holistic approach is really balancing not only the whole body but you're looking at the whole lifestyle and what you're doing with your time and your stress and there are so many different levels to it that for me that was the secret.

That was when I really personally, and when I've seen thousands, probably hundreds of thousands with my clients now, lose weight and really keep it off. Because right now, about 90% of the people that lose weight gain it back within a year. And actually it's probably over that by now. And why do they keep gaining it back, keep gaining it back, keep gaining it back and Yo-yo dieting? Well, because that thinking, that old western thinking of calorie in calorie out doesn't really work.

Rose: And the holistic approach, this is the way to get the way off and to keep it off, which I've kept my weight off now for over 10 years without any fluctuations to my weight and it was until I found the holistic approach. That's what really did it.

Shelley: Mm-hmm. Yeah. And that word "diet" is what we associate with calorie in, calorie out and the whole western and I've heard you say that it's possible to lose weight without dieting. So, please clarify for the listeners what you mean.

Rose: Yes. So like I've mentioned, I've personally kept my weight off that I was struggling with and counting calories and weighing myself as self-obsessively with for years and years and years, and I was always on a diet.

And it's something like 85% of the women are always dieting and I was always trying to restrict my calories and when I instead balanced my body chemistry, my ability to burn fat and turn it in to energy increased.



So, I actually eat more food now than I get when I was dieting. That whole philosophy of, "Oh, I'm going to cut stuff out, I'm going to restrict myself, I'm going to make me this diet." I mean, this sound dreaded, doesn't it?

Shelley: Yeah.

Rose: Right? But also, the other thing is people think that they're going to temporarily eat a certain way and lose the weight and then it's going to stay off, but as soon as you eat that food again the weight just comes back. So that's why, again, the holistic approach, the woman who totally change my life, she put my body back into balance.

She balanced my body chemicals, the phrase that I like to use, she balanced my body chemicals and then I was eating like, I was a teenager again. I was able to eat all these food now. I choose to eat healthy food but I also don't restrict myself. I eat all kinds of deserts and cookies and yummy things that really kind of satisfy my soul as well.

I never feel like I'm deprived, I never feel like I'm restricted because I'm not trying to eat perfectly. I don't need to eat perfectly because my body's ability to burn food and to turn it to energy is really optimal.

Shelley: I love it. I love the balancing. One of the most pervasive addictions in our society is eating or drinking refined sugar. In your approach, how can we overcome this craving once and for all?

Rose: I love that question because I was a sugar addict of the worst kind. I know what it's like to be addicted to sugar. I had an eating disorder and I would binge eat on sugar and if anyone could have seen me in my kitchen late at night with the white table sugar, putting it on a tortilla with melted butter and making all these weird combinations of food. I mean, it's like having a crack addiction. It's as addictive as cocaine. Some people say even more so.

I would pull up at the side of the road even if I was going to be late to an appointment to buy candy, I kid you not.

So, the fact where I can get to the point where I am today, which I'm not always in this place by the way, but most of the last 12 or 13 years I've been in this place where I can be in front of a whole table of deserts of my favorite sugar and not have any desire to eat it.

I've told that to my clients and they don't believe me and then, they go to one of my programs and I have my 10-Week Transformation program and they come out the other end and their like, "I can't believe it was exactly what you said us to. I have no desire to eat sugar." And the key is balancing your blood sugar.



When your blood sugar is balanced, you do not crave sugar. So the way that it works is the reason that you are craving the sugar is because your blood sugar dropped. You may have heard the term “blood sugar” talking about people that have diabetes or hyperglycemia. The sugar that is in your blood giving your energy and making your body operates, it can drop and when it drops, your energy goes down. And this is when people have fluctuations in their energy.

So, this is what was happening to me several times a day is all of a sudden I would get foggy headed if I would get so tired. Well, I didn’t know that my energy was dropping and along with that drop, I would start to get ravenous appetite especially for carbs and sugar. But not only carbs and sugar. It was also with things like potato chips, the pasta and just food in general, I mean, I would have this ravenous appetite.

And then over time, learning—well, actually, when I went to this mentor, I learned how to balance my blood sugar and not only my craving per sugar went away, but this ravenous appetite.

All of a sudden, I was in total control over what I was eating, and I only have the desire to eat the small amount of food than my body actually needed. This is how you naturally adjust your metabolism and your hunger for food. It will naturally adjust when your blood sugar drop, I mean, when your blood sugar balances. And I’ll give you a brief overview what that looks like.

Rose: Number one, is that you want to eat a lot of really high quality protein. Now, there is a way to do this being a vegetarian or a vegan, coz I worked with vegetarians and vegans if that’s your choice. It is a little bit harder to do. I see a lot of vegetarians and vegans that are very hyperglycemic and have a lot of fluctuations in their blood sugar and eventually become very overweight. Well, that’s what I’ve seen a lot of.

However, I have seen people do it successfully as well. I personally choose to eat animal protein but from very humane, fresh sources where it’s free range and organic.

But eating protein helps to balance your blood sugar. Instead of going to grab for carbs if you eat protein, that will help to balance your blood sugar. Now, here’s another little trick to that, because you may have heard that, that may not be something that is so boring to you.

You may heard that from a lot of other people, “Oh, okay. Instead eat turkey rolled up or chicken or some beans or legumes, lentils things like that that are going to help to balance your blood sugar.”

But a lot of people have very poor digestion and even though they’re eating protein, they’re only absorbing a fraction of the protein, so the protein can’t help to balance the blood sugar, and this is what was happening to me.



For years, I didn't know that I had poor digestion. Some people have no signs or symptoms at all and don't even know it, and other people like myself have stomach ache, gas and IBS type of symptoms and I didn't know that those were a sign of poor digestion. So whether or not you have no idea or you have symptoms, I would say it's probably about 90% of the population for various reasons, have poor digestion.

So one of the things that my mentor taught me which totally changed my life and inspired me to go in to holistic nutrition, and now that I'm teaching my program, is that how to optimize your digestion. I actually get to a point where you can eat the same exact meal, would absorb 80% to 90% more nutrients, more vitamins, more minerals and more protein and all of the vitamins and minerals and the protein help to balance your blood sugar.

Shelley: How do you start to optimize your digestion from, let's say, your noticing some of the signs of poor digestion like you described?

Rose: Okay. Well, there's a few different things that I teach in my programs. One is I teach people about enzymes, how to take enzymes and what enzyme to take.

A lot of people don't even know what enzymes are. You can actually take enzymes in a capsule form and enzymes help to break down your food and dissolve your food. There are also enzymes in the food that we eat.

So, I teach people how to get enzymes in their food. You want to eat really enzyme-rich foods that are going to help to break down your food and also I recommend, if you're eating a lot of cooked food to take it a capsule of enzymes when you eat. I also teach people how to optimize the right amount of stomach acid because a lot of people—it's been said that something like 80% of adults in the United States at one point or another, have had low stomach acid. What happens is called hypochlorhydria and when you have low stomach acid you can't turn on some of your enzymes.

You need stomach acid to breakdown your food especially an approach which requires a lot of stomach acids to break down your food. Now, what I hear from a lot of people is, "Oh, I'm taking a probiotic though." Probiotics and good bacteria do nothing to break down your food in your stomach. Probiotics are for—they're only way down in your intestines and they helped to eat up the food that is left over that's going to get absorbed through your intestines. And they help to break down some of your food as well.

So if you are taking a probiotics or "friendly bacteria," that's great, that's great for your gut, in your intestines but you still need to digest way up in your stomach and you need 2 things in order to do that. You need stomach acid and you need enzymes. So, there's lot of different techniques and things and more than we have time to talk about here that a lot of people are diluting their stomach acid, they're diluting their enzymes.



So I teach people how to have really strong stomach acid and strong enzymes. The other common I hear a lot is, "Oh, I actually have high stomach acid so I have to take antacids," or a lot of people are on prescriptions nowadays because they think that they have high stomach acids so I just want to explain that here for a second because it's an important piece.

So forgive me I'm going to get a little bit technical. But I've doing this for over 14 years and I have never seen or worked with anyone who has stomach acid that has been too high. People misunderstand that when you have low stomach acid it causes the food in your stomach to ferment and it has been off-gassing. These gases get created because it's putrefying and basically fermenting and rotting inside of your stomach and then in your intestine.

Rose: And in this process, this is off-gassing when releases pyruvic acid and lactic acid. And those get mistaken for stomach acid. Stomach acid is not the same as pyruvic acid and lactic acid. In fact, pyruvic acid and lactic acid do not digest your food the way that stomach acid does. So this creates pressure and gas in the stomach.

So imagine that you're taking a soda of can and you're shaking it up and it's building pressure and pressure and pressure. This is when people get bloated and they get stomach aches and then all of this gas can push open the little valve at the top of your stomach and then it can splash in to your esophagus which is very painful.

This is when people experience acid reflux. People have acid reflux or they're taking all these antacids or they have prescriptions for things like prior effect and things like that. They think that their stomach acid is really high but it's really these other acids because of the root cause of those stomach acids being low.

So, this is the difference between the western approach and the holistic approach. The western approach would say, "Oh, there's high acid in the stomach," which is true, these are other acids but all they know is that you're experiencing pain and they give you a pill that neutralizes all of the acids, so now you don't have pain. So it's kind of Band-Aid right? They're only going to the symptom of pain and how do we get rid of it.

Well, they're not looking at but their actually not getting to the root that was causing the whole problem was low stomach acid to begin with. And, with this prescription, whether it's Tums or it could be over-the-counter or it could be a prescription, it's neutralizing the little bit of stomach acid that you have left. So now you're not digesting your food.

So, all kinds of digestive issues happen with this. But the other biggest problem is now they can't digest protein and break it down properly so you can't absorb it and it doesn't help to balance your blood sugar. But the main leading causes of having a ravenous appetite, having cravings for sugar and weight gain, because this causes a tremendous amount of stress on the body and you're not absorbing all of the nutrients.



So, you need proteins to make the collagen in your skins, to make your hair, to make your nails.

Rose: When I had my digestion optimized by the woman that I had my whole awakening with and inspired me to go into nutrition, my nails started to grow, my hair started to grow, my skin was better, my craving for sugar went away, this ravenous appetite was all of a sudden tamed and my digestive issues went away. This is one of the pieces that completely changed my life and why I'm so passionate about the holistic approach.

Shelley: Wow. Yeah. The distinctions between high in most stomach acid and how western medicine treats us and the holistic, the difference is just huge. So, we've covered this sugar craving and how it affects us and how to work with that in a holistic way. And you've also taught how we can double and triple energy without caffeine. So if you could a little bit about caffeine and...

Rose: Absolutely. I was just thinking of this this morning. I remember a day when I had so many fluctuations in my energy and every afternoon it was so low that I had to either eat some sugar or carbs, that's when I would really crave for sugar and carbs, it'd be uncontrollable whole afternoon, or I would have to drink some caffeine pretty much everyday just to get through the day.

And the interesting thing Shelly is that, if you would have asked me back then, "Do you have low energy?" I probably would have said no. I have a lot of clients when I asked them how their energy is when I first started working with them or when I used to see people one-on-one, they would say, "No. I don't have low energy," or "It's a little bit low." But there's two reason why I would have said no.

Number one, I didn't realize how low it was until I had it elevated and number two, I was drinking caffeine so I really didn't know what my energy was like. So, while working with people, I suggest coming off of caffeine for a week and then really seeing where your energy is with that. Because when your drinking caffeine, that's artificial energy.

It's keeping you going but that's not real energy that your body is manufacturing. If you're drinking caffeine, even once a day, even just once in the morning, you have no idea what your true energy is really like. So, when I finally got off caffeine, it was a shock. It was like, "Oh my gosh, I had to take a nap every afternoon" because that was what my energy was really like and

I didn't know that I was simply just going off a fume with using this artificial energy.

So, that was the one of the big AHAs that I got from working with this coach. Oh my gosh, my energy is so low and, again, working with my digestion, I was absorbing more nutrients, more vitamins and minerals and all kinds of nutrients and proteins and this was helping to increase my energy.



The other thing is when your blood sugar is stabilized, when it's balanced, that increases your energy. And then the other thing that I'm really big on is doing cleanses because if you have excess chemicals that you're carrying around, that can make your whole body sluggish, it slows down your ability to not only burn fat and turn that into energy but it just slows down your whole body's energy.

If you think about this, you could be carrying around an extra 15 lbs. of chemicals, of toxins.

I mean, that's comparing it 15-lb on your back. So that can slow you down and so what my mentor took me through is a very simple process of cleansing my body. And one of the cleanses she taught me, I'm still eating food, I never felt like I was starving, there are fast and then there are cleanses, and I actually like both and I teach both.

And I teach how to tell which one is right for you. But on a regular basis, I suggest at least twice a year to do a cleanse. It helps balance your blood sugar, it helps to remove the toxins and it helps you dramatically increase your energy. I mean, my energy was tripled after working with my mentor, which is why I couldn't not learn about holistic nutrition and go into the field.

Shelley: And so, if your body is balanced with the blood sugar and your energy, you're not getting stimulants, cleansing would be such a joy actually, a break. But one of the things I know in your understanding of holistic health is what role emotions play in the journey towards weight loss and just optimal health.

Rose: Absolutely. I, myself, had a battle with many would call depression through my whole life. And it create this sort of, not sort of, it creates a downward spiral where you're blue or your kind of in a red or maybe you'd even caught full blown depression.

And then you go and you grab food because that gives you a temporary kind of feel good feeling or I call the "hug from the inside," where you have this warm happy feeling. And then, because you were eating something that was full in sugar or had junk in it or whatever, you have a crash afterwards and then you crave more of it to get back up, and then maybe you're mad at yourself and beating yourself up because you told yourself you were going to go on a diet, you broke your diet.

And this just creates a statistical problem. And I've been dealing with this my whole life and it's one of the things that I'm really passionate about that teaching is how to create that upward spiral in your life.

We've all been in a place like that. You can maybe think that to a time in your life when you were totally on your program. You were eating healthy, you're exercising, you felt good about yourself.



And when you're in the upward spiral, it's contagious. It picks that momentum and you want to then go take a class and then you want to go exercise and then you want to go outside or maybe contact an old friend and you're feeling good about yourself and you're looking good and people are responding to you. When you're in the upward spiral, it takes a momentum and you want more of that.

While the same of that is true about the downward spiral. It picks up momentum. I just, the other day, had the realization that depression is addictive. When you're in that place, when you're in that downward spiral, you want more of that.

It's like you don't want somebody to take you out of that place which is why I feel so passionate about—the whole secret to my success has been this. When I'm in that downward spiral, I'm negative, I don't want to hear people's positivity, I can shoot holes in anything positive that they have to say.

I have things going through my mind like, "Well, I tried that and that didn't work for me" or "Oh, this person is just trying to sell me something." I had all of those internal dialogues, where rationally it's getting out of anything, "Oh, I don't need to exercise today", "Oh, what's one more day" and "I'll start the diet tomorrow." It was, all of this, like, negative stuff and before I knew it, everything in my life was in the negative place. I wasn't fitting into my clothes and that made me more depressed and then I wanted to eat more.

So the key is how do you get yourself from a downward spiral into an upward spiral because once you've gone into the upward spiral, you're going to keep going up and up until something happens that brings you down. Like, maybe a life event or something stressful or—. This is probably more time than we have to talk about today but I call it "blitz walking".

We eventually have a cap where we only allow ourselves to have so much health, so much love, so much happiness, so much wealth, if it goes beyond what we feel that we're worthy of then we will unconsciously sabotage ourselves and bring ourselves a downward spiral. And so, I have different programs.

But, as far as it relates to health, how do you get yourself to go from a downward spiral to an upward spiral. Your whole life you're going to have times when you get off your wellness program and you find yourself, "Oh gosh, a year later or not gained weight and haven't been exercising" or whatever it is, how do you make that leap?

And this is the key, the key is throw your hat over the fence and to make it inevitable that you'll get into the upward spiral. So for me, and it looks a little different for everybody so you have to find the thing that works for you, but for me it has been investing in myself and either finding a coach or a program that has been designed by somebody that has done what it is that I'm wanting to do that can show me the way, and then just jumping in with both feet.



Rose: So, it could that you sign up with a personal trainer. Maybe it's exercise is really your heart, your thing you can't get yourself to do. If you call up a personal training and give him your credit card and pay for packaged sessions and they're going to show up at your house or show up at the park, and you have to be there. That maybe what you need.

Just throw your head over the fence and invest in yourself and make it inevitable to get your butt out of bed and get yourself to exercise. It could be just investing in a gym membership coz maybe, you know, the thought of having that money go to waste every month is just enough, you know, kill you. And so, you just get out of bed and get yourself to the gym.

And in any area of your life, let's say you owned a business and your business wasn't where you want it to be, I would suggest finding a coach or a program of some kind or a workshop or something that is being put on by people who had been where you are and has made it to the other side. Shelley, I'm sure if we talk about your background, that at one point, you had holistic health change your life.

Shelley: Yes.

Rose: And there was something that's sparked and this summit could be the piece that helps to get you—I know that this summit is going to help thousands of people to get into their upward spiral.

Shelley: Yeah.

Rose: So it's finding something, it could be a co-summit, it could be a program, it could be a one-on-one relationship with a coach, everybody's personality is a little different, but for my business I've done the same thing. I was in a rut, I don't know how to make money, I didn't know anything about marketing.

So I've found a program and I put it on my credit card. I didn't know how I was going to pay it. I took a leap of faith. I've found a way to do it because, otherwise, I was going to stay in that downward spiral forever. So with health, it's the same thing.

It could something small like finding a workout buddy who you meet with everyday or it could be working one-on-one with somebody or maybe if you find an online program and it's what resonates with you. Actually, getting some skin in a game, as they say, that's what does it. Because without that—and it could be, like, I know me personally, I've had people offer me free coaching in all areas of my life, business and otherwise.

If it's free I don't get much out of it. They don't show up the same way, it doesn't have the same value in my mind. I know about me and my personality that I have to have money in the game coz that's what makes it real for me.



Rose: That's what gets me get out of my computer and get out my workbook and actually show up. And once you're there, once you're there on the other side, that investment is always worth it coz now you're in the upward spiral. And now it's contagious.

And now you're kind of getting momentum and it's going to pull so many areas of your life up. Whether you're investing in a business program or a weight loss program or whatever it is, it's going to increase your vibration, it's going to increase your happiness, you're going to be more excited about life and you're going to be in an upward spiral, and it brings up all categories of your life.

Shelley: And so, in your programs, you also coach others to find what that momentum might be within themselves, right?

Rose: I do. Yeah. That is part of what I do in my High Priestess Training. I have all kinds of free videos and articles and resources on my website too. It's one of the things that I do on my programs is to find, why is it that you're here on this planet, why are you here, what is it that you're meant to do and how can you find what really is motivating you. It's going to really be the light in your life, it's pulling you up into an upward spiral so that you can keep that momentum going.

Shelley: Oh, beautiful. I remember coming across your work and it was that upward spiral for me and I had a baby and your body goes through so many changes and your emotions go so many changes as well as a result of that. I know you've created comprehensive 10-Week Transformation home study course and it's designed not only to help people lose weight but virtually transform every aspect of their life. So, if you could share a little more about this 10-Week Transformation program and what inspired you to create it.

Rose: Absolutely. I created my 10-Week Transformation Program because I had so many people coming to me and I couldn't work with everyone one-on-one. A lot of people they couldn't either afford to work with me or I only have so many hours in the day.

Now, much like you, I've had my child and I knew that one day I was going to want to stay home with my children and I thought, "Well, I can I help when those people possible to lose weight and get healthy and get into an upward spiral in their life?" And I knew that that was some kind of an online at home study course and kind of community and if I could create that then there would be no limit to the member of people that I could help.

So that's what really inspired me. And what I basically did is I just took all of the different concepts that helped me to lose weight. So, balancing blood sugar, the program works with balancing hormones, that's another one. Balancing adrenals where we are working with adrenal exhaustion, optimized digestion, doing a cleanse.



Through the whole program I'm teaching you how to put your body chemistry back in the balance. I'm teaching you what supplements to take, what breathing exercises to do, what lifestyle changes to make, what cleanses to do, what foods to eat to put those different areas of your body back into balance.

And that's why it's not a diet. Even though I am giving you recipes and foods and cleanses and things like that, it's more about putting the body back in to balance and then your metabolism will naturally adjust, your cravings for food and sugar will naturally adjust, and this is really the holistic approach. You're really getting to the root cause in your body just that it starts to radiate vitality.

Shelley: So I know we talked about sugar and all these, the cravings and the digestion as a road block when you're trying to lose weight and keeping it off for good. But what, in your experience, what might be a reason why keeping the weight off becomes challenging for someone?

Rose: Well, like I mentioned, most people that lose weight gained it back and it's because they're just doing the calorie counting kind of philosophy. But with this program, it's really getting to the root cause; it's balancing your chemistry in your body. So most people have found—I have very, very high success rate with people getting weight off and keeping it off with this program. It's very, very high.

Much higher than any other program that I've ever heard of. The secret really is just getting to these root causes. And once your digestion is optimized, then it just keeping it in balance. You're just maintaining your body after that, which is very easy to do if you're not dieting, feeling deprived.

Shelley: You have a deeper appreciation for who you are.

Rose: Absolutely.

Shelley: Just before we wrap up or anything, I want to ask you some practical questions so our listeners could start today. And if you could recommend a food or beverage to avoid at all cost, what would it be and why?

Rose: A food or beverage to avoid at all cost—that's a great question. Let me think about that for a second. Well, I would say, if you're only going to cut out one thing, I would probably say gluten.

That's the thing that when people cut it out, I usually see the biggest, most dramatic effect in their life. And then from there, like I said, you're in the upward spiral on your life "Wow, this feels good" and then people want to go deeper.



Rose: So, if you're only going to pick one, gluten causes inflammation in the body, it increases your cravings for other foods, it zeroes out your blood sugar, and the reason is that the wheat that people eat nowadays – gluten is a part of the wheat and some other gluten grains – the wheat that people are eating nowadays has been genetically modified.

It's not the same wheat that our parents ate 50 years ago. It has much higher gluten in it and it has much higher sugar and it create a lot of inflammation on the body, and it's highly addictive, and it also will mess up your digestion. So when people get off that one food they usually—and there's all kinds of alternative. I still eat pasta, I still eat bread, I still eat all kinds of food which is gluten-free but when I stop at that one food—. And it causes depression and anxiety as well. So that's a really—

Shelley: It's a big one.

Rose: Yeah. That's a big one.

Shelley: Well, yeah. And thank you for touching on the GMO coz it is becoming more prevalent throughout many various different foods and we go in to a bit of that in this summit too, so thank you. And if you could recommend a food or even a supplement to add someone's diet to lose weight, what would it be and why?

Rose: To lose weight probably chocolate, (laughs)

Shelley: Yeah, we share for it.

Rose: I love the chocolate. And a lot of people misunderstand and think the chocolate is a junk food. The chocolate itself, cacao, is what chocolate is made of. Even if it's in most raw form, it's most natural state; it's one of the most nutritious food that you can eat.

Full of magnesium and I make all kinds of raw desserts and I think I pass along to you guys recently a couple of my raw chocolate recipes, one is pudding and one is for a raw chocolate candy and both of them take only about 15 minutes to make. They are so nutritious. They will actually help you to lose weight. And in that way you don't feel deprived.

So a lot of people misunderstand and think, "Oh, I'm going to have to give up dessert when I'm trying to lose weight." And it's actually not true because it's not sustainable long-time to cut out all the foods that you love.

Rose: At one point you're going to lean the other way. So, probably an unexpected answer for a lot of people, but yeah, I would say chocolate. Definitely looks fun.

Shelley: Yes. I love you. Thank you. Yeah, chocolate is completely one of my things I love to eat. So, I love your recipes. Thank you. If you could recommend a physical exercise or activity for our listeners to lose weight, what would it be?



Rose: My first instinct is to say yoga because I know that yoga is a total holistic approach. It really helps you quiet your mind and it really helps decrease your consciousness and your awareness. But that's not everybody's thing.

Some people don't resonate with yoga and if that's not your thing, just getting out and walking. Just get out and get fresh air and look at the trees and get outside. When humans are inside for too long, we start to kind of go crazy and the artificial lights there not exactly great for us.

One of the most healing things you can do is just get outside into nature, touch your hands on the grass, walk outside, get some fresh air that alone is enough to get a lot of people in to an upward spiral and to just create positivity in their life. And walking helps you get your lymph nodes system moving so you can start to move toxins out. And even just walking is a really positive step for a lot of people in their life.

Shelley: Thank you. Any other techniques or practices you would advice to support a holistic weight loss process?

Rose: Let me think. I think probably the most important thing you can do is just to be in the consciousness of wellness. And what I mean by that is there's an energy surrounding a holistic health and nutrition and the more you can be in it, see it, hear it, experience it, talk about it, the more you're going to be pulled up in to that spiral.

Just like if you think about if you go on vacation with your family, and let say none of them eat healthy, but at the end of the vacation, you're probably going to be eating unhealthy or probably you're not going to be exercising . It's so hard to do when you're not around that consciousness, when you're not around the consciousness of wellness.

Whereas if you go on vacation with a whole bunch of people that are health conscious, if you join an exercise class or if you listen to a tele-seminar like this and you're hearing people talk about holistic health and wellness, you're going to gravitate more towards that.

So, the more you can join a community or be around this influence is going to help to pull you up. So just be conscious of where you're spending your time and energy and who you're hanging out with and who you are talking with and try and surround yourself with people that are more holistically-minded.

Shelley: Thank you. So, this has been an amazing interview, Rose and I just thank you for taking the time to share your message with us. You have personally been a great catalyst for change in my life and I trust that many people listening to this will benefit from what you've shared.



Shelley: So thank you again, Rose. We are so honored that you've joined us so...

Rose: Thank you so much for having me. This has been so much fun, Shelley, and thank you for the work that you're doing in the world to bring this message, this holistic message to the world. Thank you.

Shelley: Well, you've been total inspiration in this project.

Rose: Oh, thank you. Thank you so much.

Shelley: Well, thank you. Yeah.

Rose: See you. Have a beautiful day [inaudible].

Shelley: Okay. Bye.



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