

TRUE SELF WEIGHT HEALTH PROGRAM

**A customised diet plan,
supplementation,
naturopathic guidance
and a mindbody reset**

**SPRING CLEAN
YOUR BODY- GET
READY FOR SUMMER
NOW**

The True Self Weight Health Program is a specialised program tailored for women to achieve their best health in a unique customised way.

True Self is designed to increase your metabolism and keep the body's fat burning process at an optimum level. You are educated, motivated and helped with one on one assistance to help you on your journey.

**REAL FOOD REAL HELP
REAL RESULTS**



SUSAN BYRNE
YOUR NATUROPATH

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**HERE IS WHAT OUR SUCCESSFUL
TRUE SELFER'S SAY:**

Kathy —

"5 stars. I've just completed my 7th week on the True Self Weight Management program with Susan. I've lost 11kg's and dropped 1-2 dress sizes & centimetres galore from every part of my body. I could not have done it without Susan's endless support, encouragement and nurturing."

Jenny-

"I thought I was just menopausal and depressed. Joining True Self helped me unlock just that- ME. Not only am I fitting into the clothes I love without Spanx, people are commenting on my glow. This is the calm I feel and the empowered feeling I have that I have regained my life. Susan Byrne- you are THE expert in getting life back into balance."

Simone-

"I started the true self weight management program. I have lost 15 kg to date doing this program, and am transforming back to the 'old me', my true self. This lady is an amazing naturopath, who is so knowledgeable and passionate about what she does. But most importantly she is a lady who truly cares and helps heal with a holistic approach, on all levels."

