

Do you ...

- ✓ Struggle with your 'body' and 'mind' each wanting something different?
- ✓ Wish you had more determination to lose anywhere from 21 to 51 pounds?
- ✓ End up gaining weight even after you put in a lot of effort to lose it?
- ✓ Sabotage your best efforts to eat healthy as soon as you know you are 'dieting'?
- ✓ Find that you eat for many reasons other than simple hunger?
- ✓ Want more tools to help you deal with 'junk food' cravings?
- ✓ Enjoy the camaradery of working with other women to help you succeed?
- ✓ Have this inner belief that there has to be an easier way?!!!!



Do you wish to...

- ✓ Try something new that helps you harmonize your wants versus needs of both 'body' & 'mind'?
- ✓ Know how to listen to your inner voice to help you find a more 3-dimensional approach?
- ✓ Meet other like-minded women who want to join in with your success?
- ✓ Learn how to apply the powerful wisdom of your deeper body and mind to *many other* areas of your life too?

Get  
**Weight Loss Wise!**

... another  
**Healing Images™**  
workshop



*Full day of body-renewing, soul-building, mind-enhancing, workshop fun!*

**Saturday, October 27**  
**9 a.m. to 6 p.m.**

**St. Louis, MO**  
(Register for details)  
**ONLY \$199**

*(Get \$20 off EACH when you register with a friend)*

Includes Dr. Jost's latest \$60 publication:

*The LAST Thing This World Needs Is ANOTHER Weight Loss Program*

**REGISTER TODAY:**  
phone 314-821-8102  
FAX 314-821-5463  
web [www.weightlosswise.com](http://www.weightlosswise.com)



**Stop fighting with your body!**

Add the tools of wise and playful Dr. Sandy Jost. Her background in psychology and yes, even nutritional biochemistry, can help you tap into the wisdom *you already possess* for life-changing weight loss & overall health.



**Register because you know this 'feels right!'**  
**But sign up today before this event fills up!**

Enroll **BY**

**Bringing a FRIEND**

**and SAVE \$\$\$!**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

email: \_\_\_\_\_

**Payment: \$199**

**But ONLY \$179 if you register TWO together.**

By credit card or check, payable to: **ONE Health**  
**Or Credit Card: Visa + MasterCard + American Express**

Card Number: \_\_\_\_\_ Ex.Date: \_\_\_\_\_

Name on card:(print) \_\_\_\_\_

Signature: \_\_\_\_\_

**History**

Current age: \_\_\_\_\_ Weight: \_\_\_\_\_ Desired weight: \_\_\_\_\_

Current health issues: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

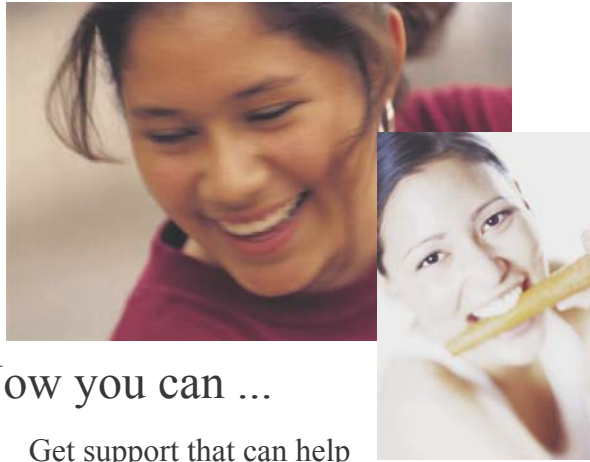
Weight loss history: \_\_\_\_\_

\_\_\_\_\_

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**Call 314-821-8102 or mail to:**  
ONE Health Publishing  
1826 Kings Cliff Rd.  
St. Louis, MO 63122-2228



## Now you can ...

- ✓ Get support that can help you make lifestyle changes that stick!
- ✓ Receive CDs that you can listen to anytime ... even on your commute into work!
- ✓ Walk away with some REAL help for those unwanted food addictions!
- ✓ Absorb up-to-date nutritional information in a way that is easy to stay with you!
- ✓ Use imagery tools that help you work on the deeper issues of weight loss! (... you may even find that MANY areas of your LIFE end up receiving a new makeover too!)
- ✓ Become healthier ... for YOU ... simply because you WANT to be around longer for those loved ones!



ONE Health Publishing  
1826 Kings Cliff  
St. Louis, MO 63122

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ST LOUIS MO  
PERMIT 3882

*"I have seen guided imagery work in my everyday practice and it is a wonderful adjunct to the many therapies a patient often needs to undertake. The sound of Sandy's voice alone is very calming for all who listen."*

**Jane Kraus, RN, BSN, OCN**

# Healing Images™ Weight Loss Wise Workshop



Where women learn  
**HOW** to succeed!