

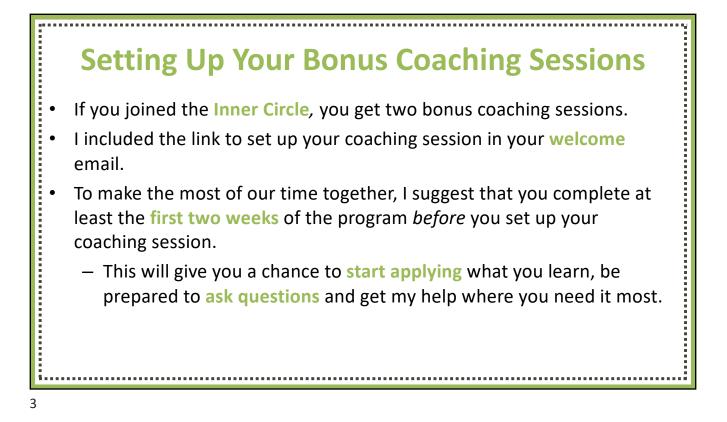
Total Transformation Module 1 – Part 1: How to Make the Most of Your Experience

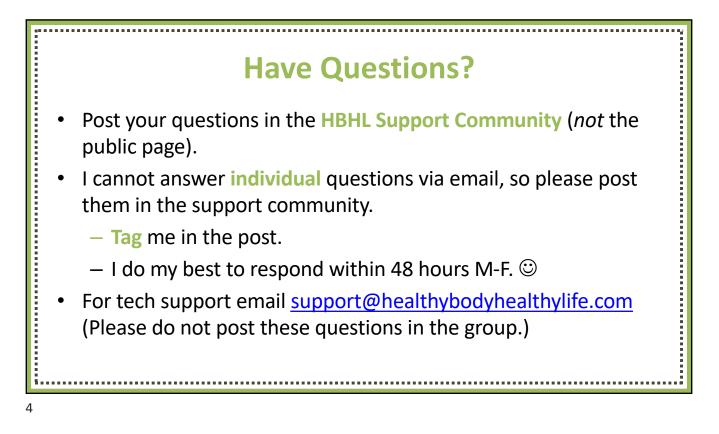
With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

Join the HBHL Support Community

- Where I post important updates, daily check-ins, recipes and health tips.
- You're not alone on this journey—staying connected and having a support system is key to your long-term success.
- Engage by leaving comments on other peoples' posts, starting new discussions, welcoming new members —it is not required, but HIGHLY recommended.
- The women who engage in our community get the **most** out of this experience because they're getting the ongoing support, guidance and feedback they need to stay focused and on track.
- You GET so much more when you GIVE. :-)

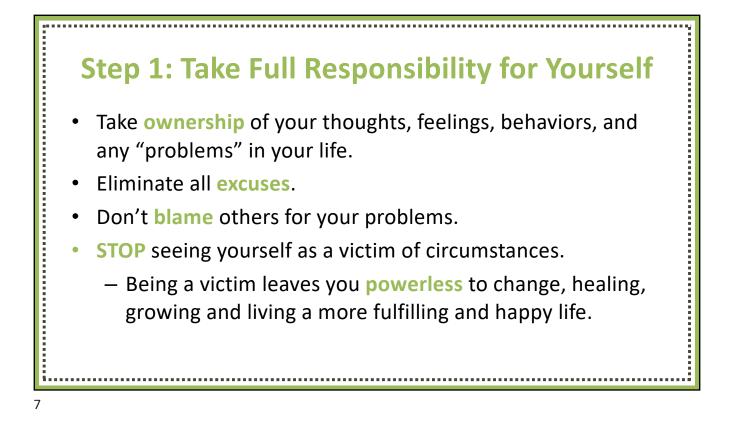
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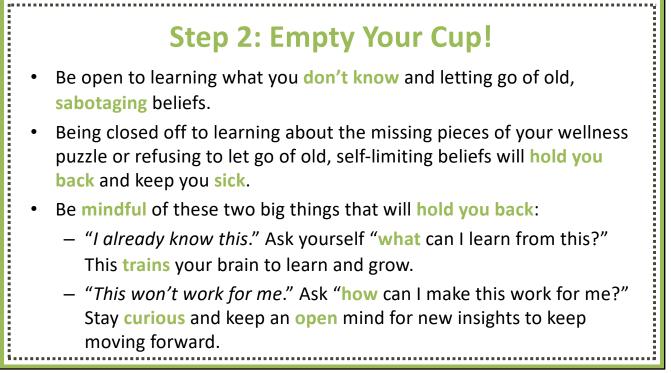






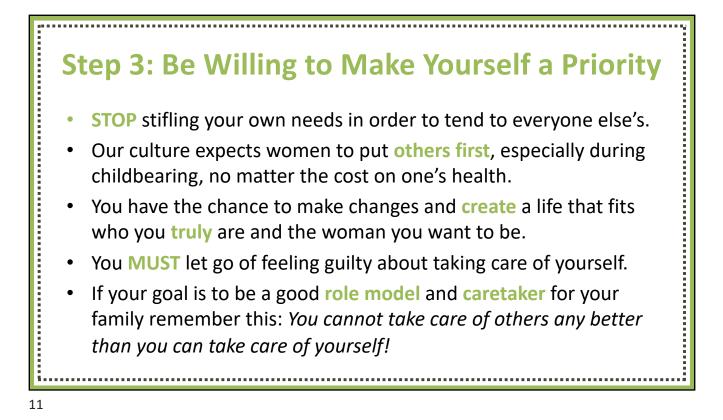












Step 4: Learn to Listen to Your Body

- When a woman cannot face the changes she needs to make in her life in order to grow, her body often finds ways to make them evident.
- Many women reach a crisis in the form of a physical problem sometimes a life-threatening illness.
- Some of the healthiest primitive cultures believe that the human body can only tolerate unresolved hurts without physical harm until about 50-years-old—after that anything unfinished forms basis for physical illness.

