



INSTITUTE FOR THE
PSYCHOLOGY
of **EATING**

THE LARGER WEIGHT LOSS CLIENT



MUSINGS ON THE LARGER WEIGHT LOSS CLIENT

- The larger weight loss client here means someone who wishes to lose 100 pounds or more
- This is an arbitrary definition...
- This can be a difficult kind of client to work with
- This can be an unpredictable kind of client to work with
- And this can be an extremely rewarding client to work with
- And we have to be willing as practitioners to play a nice long game...

WHY THIS IS A REWARDING CLIENT

- They have a real and honest need around weight
- They're often easy-to-work-with: they want help and are willing
- A win here for you as a professional is very satisfying
- They often have a long history of dieting - thus lots of data
- It's a big challenge - and big challenges are good...
- You can truly help someone transform their body, their health and their life...

LARGER WEIGHT LOSS: THE CHALLENGES

- Inertia
- A history of un-success - they can feel like weight loss failures
- High weight clients often feel like the “biggest outsiders”
- Medical concerns are very real and likely
- Interesting plateaus - cannot be predicted
- A very large body has its own personality and agenda
- Big weight losses aren’t always as easy as we imagine it should be
- Much of the research on the very obese points to metabolic changes that make it difficult to lose weight...
- Exercise is often not an option

IT'S ABOUT WEIGHT LOSS, YET IT ISN'T

As a practitioner, you must learn to embrace the paradox that yes, you are here to help your client lose weight, but you help them lose weight by seeing beyond weight loss as the goal, and understanding that extra weight is both a symptom and a teacher. The weight itself is not necessarily the original problem...

SOME POTENTIAL MEDICAL CONCERNS:

- These are not causes per se of weight gain, but challenges that can occur because of it, or contribute to weight gain, or contribute to weight loss resistance. These include but are not limited to:
- Diabetes
- Heart disease
- Joint issues
- Gut issues
- Sleep issues
- Depression

CHALLENGES FOR LARGER WEIGHT CLIENTS

- The “biggest losers”
- Isolation
- Cultural judgment
- Disembodiment
- Adopting “the character” of a lighter body
- Big weight loss requires a big commitment
- There can be a big benefit to having a big body: Power

SOME THEMES TO KEEP IN MIND:

- What are the big important life changes that want to happen for your client (other than weight/health/exercise)
- The bigger the desired weight loss, the bigger the inner transformation that's often needed to make it happen
- Regular self care
- Letting go of past failures at weight loss
- Consistency with food and diet - guidelines needed
- Embodiment

SOME STRATEGIES FOR EMBODIMENT

- Slowing down with food
- Getting present to sensation with food - mouth
- Getting present to sensations in the body with food
- Breathing exercises
- Walking
- Swimming
- Any movement
- Feeling feelings
- Mirror work
- Self massage

JUMPSTART STRATEGIES

- **Metabolic strategies to help jumpstart weight loss for larger clients:**
- Infra-red sauna - regular daily use 30 minutes
- Or steam sauna
- High healthy fat, high protein, lower carb diet - must be consistent
- Fiber supplementation
- Water
- Probiotic foods and supplements
- Letting go of anti depressants
- Functional medical doctor for a range of blood tests for thyroid health, insulin resistance, hormone levels, nutrients
- Growth hormone or GHRH - from a medical doctor
- Metagenics UltraClear Plus shake diet: after weight loss begins OR if it doesn't get going with the above after 3 months



CASE STUDY: ARTHUR

- Age 54, former athlete in high school, owns a successful restaurant supply business, divorced, 2 kids, not super involved in their lives, 365 lbs, 6'0, wants to get down to 200 lbs, has gotten down to about 250 lbs a few times on a diet of protein shakes, then goes back to his usual eating patterns and gains it right back. Recently tried another round of protein shakes and didn't lose any weight - very frustrated with this as it has worked in the past. Knee pain, feet are constantly hurting, taking Zoloft - anti-depressant, pain killing meds. He also takes medication for asthma. Cannot really exercise, walks a little, watches TV when not working, a part of him feels resigned that he will never lose the weight, and a part of him still wants to try...

ARTHUR: MORE INFO

- No relationship, does not date, watches porn, feels embarrassed about his body but doesn't like to talk about that too much
- He was in decent shape up to graduating college. Says he put on the weight at first gradually, when he went into his family business.
- As he became more immersed in it, and the stress increased, he overate, stopped exercising and didn't pay attention to his weight. His then-wife complained, tried to help him, went to a dietitian, Weight Watchers, nothing really worked...
- His weight then went from about 190 lbs to 275 lbs
- As the marriage became more problematic, he got over 300 lbs

ARTHUR: MORE INFO

- His wife divorced him - they did not have good communication according to him, they constantly argued, he thinks she was having an affair, and they stayed together for the kids. He did not want a divorce.
- After she left the house when he was 44, his weight increased to as much as 375 pounds
- He says he stopped caring at one point and just gave up. He loves food, he loves movies, he enjoys watching football, and he wants to give weight loss another shot
- He just doesn't know what to do. He has no interest in any kind of weight loss surgery
- When asked, "why do you think you've gained this amount of weight" his response, after thinking about it, was "I just let myself go"
- When I asked "Why did you just let yourself go" his response was "I'm not sure"

ARTHUR: DIET

- Breakfast: 8am- 4 eggs, 6 sausages, 3 pieces of toast, coffee, water
- Mid morning snack: 10am- chips or cookies - maybe several bags - large
- Lunch: 1pm -large greek salad, chicken or turkey sandwich, diet coke
- Afternoon snack: 4pm- candy, "whatever is in house", leftovers, donuts, not sure exactly how much but a lot sometimes
- Dinner: 8pm - steak, potatoes, salad, bread + butter - large portions
- Dessert: ice cream - as many as 4 pints
- No alcohol, fast eater, occasional heartburn throughout the day...

ARTHUR: SOME THOUGHTS

- Client seems very removed, emotionally distant, gets animated when he says a silly joke or when I make a silly joke
- He is really checking me out - trying to see if he trusts me or likes me, he is sharp, but a bit flat at the same time
- He had a hard time describing his snacks - how much, what and when
- I am imagining he goes a little unconscious at snack time
- I am wondering if he really wants to do what it might take to lose 160 lbs
- I am wondering if I can be on board as a practitioner with someone who I am not sure is truly committed in this realm...



ARTHUR: MY INITIAL APPROACH

- I need to be direct and lay it on the line for him
- I need you to commit from a whole new place
- We need to take a different approach than whatever he has done in the past
- I want to go slowly with him, baby steps
- I want to get to know him better
- I truly need to help him **embody**, feel himself, his life...

THE LARGER WEIGHT LOSS CLIENT

Embodiment is everything.

No embodiment,

No success...



2 MONTH INITIAL PLAN

- Arthur was very skeptical and wanted to know my plan
- I told him my plan was flexible and would change as we went along
- He said he needed to have a sense of the big picture, of what I would do that is so different
- So I adjusted to his personality and realized I needed to take command and come on strong with him
- So I gave him this initial program of what we'd be doing
- He agreed to jump on board -

2 MONTH INITIAL PLAN

- Eat slow: taste, sense, be aware, get present
- A change of food at home: high quality food - no junk
- Get all junk food out of the office
- Breathing exercises
- Hot and cold showers
- Daily sauna
- Belly breathing at night in bed
- Consider getting off anti-depressant: find a new doctor
- No violent media or movies: he is hooked here - find comedy or nature documentaries
- No porn: very hooked here. Use music, reading, uplifting videos or movies as a substitute



REPORT: AFTER 2 MONTHS

- Very difficult to eat slow
- He really got into music - big win here
- Arthur had to buy a sauna for his house so it didn't come yet
- Doing breathing exercises: 10 long slow deep breaths 3-5x per day, every day - he likes it
- Hot and cold showers - hates it, but has been consistent. Why do this? Embodiment, and a different sensory input that has healing effects
- High quality food: he now shops at a big health food store, eats more organic, eats free range meats
- Still on his anti-depressant
- Violent movies: he has let them go and is enjoying documentaries
- Having a hard time letting go of porn: still watches every day, but only for about 30 min - as opposed to an hour or more at night
- Arthur has lost about 14 pounds - so from 365 to 351



NEXT 2 MONTH PLAN

- Continue on with everything you have been doing
- Start saunas
- Get off your anti-depressant - find a doctor
- Go cold turkey on porn
- Drink water: get an alkaline water machine, 8 glasses per day at least
- Clean up diet even more - high quality food
- Get off of all junk food at work



ARTHUR: 4 MONTH REPORT

- He finds eating slow very hard at night - most difficult time for him, but more successful during the day
- Arthur looks a little happier and brighter and lighter
- Sweats like crazy in the sauna: coughs a lot, but he feels like it's a good thing for his health. He complimented me on pushing him to get it. First compliment he has given me
- Breathing exercises and cold showers are routine for him now
- Found a psychiatrist to wean him off of Zoloft, tapering down...
- Says the alkaline water tastes better and drinking consistently
- Did not have initial success going cold turkey with porn, we renegotiated and he watches 4x per week, no more than 30 minutes
- Lost 40 pounds, down to right above 300
- Arthur is excited to lose more weight and is clearly enjoying the success. Says it feels different from previous weight losses...



NEXT 2 MONTHS:

- Continue on with all other strategies
- Supplements: EFAs, probiotics, liquid chlorophyll, multi herb formula
- Have at least one fresh veggie juice each day: make it or buy it
- Start walking as your exercise
- We talked about and worked on his standoffishness - he does not have a winning personality; I asked him to be nicer to people, his employees especially...

SOME REMINDERS FOR PRACTITIONERS

- **Always expect and welcome:**
- Setbacks
- Cravings
- Breakthroughs
- Challenges
- Resistance

ARTHUR: 6 MONTH REPORT

- Totally off anti-depressant - no difference he can see or feel
- Hates taking pills (the supplements) but does it
- Enjoys the juices
- Walking is surprisingly not so painful for him
- He got sick with a lung infection or flu for 3 weeks
- Lost another 27 pounds - down to about 273 - was hoping to lose more, actually very disappointed. This became a talking point for us. His relationship to this thing called disappointment...

ARTHUR: NEXT 2 MONTHS

- Continue everything you've been doing
- He wants to take a healthy vacation somewhere for 2 weeks
- He is really feeling a good momentum in his life. So -
- I ask him to let go of porn 100% - he says he is ready...
- I ask him to get back into closer and more meaningful relationship with his 2 boys - they are in their late 20s - we had some good conversation here...

ARTHUR: 8 MONTH REPORT

- Had a breakthrough experience on his vacation: much exercise, swimming, walking, hiking, aerobic class, self care, smaller meals than usual for him, felt very “in” his body
- Arthur is looking really great
- Lost about 42 pounds - down to about 230
- He sees the definition in his leg muscles and arm muscles
- Met a lady he liked at the resort - they are keeping in touch
- Called his boys and says he is slowly warming up with them



OUR NEXT & LAST 3 MONTHS TOGETHER

- Feeling very good in his body
- Enjoys eating lighter
- Enjoys a healthier lifestyle
- I felt he was now clearly past a certain inner threshold
- Lost another 22 pounds - now weighs about 208
- It felt like his body has landed at this weight for now, for a while
- I asked him to just hold steady here, not focus on weight loss, and live his life

ARTHUR: FINAL THOUGHTS

- At a check in call 4 months later, all is relatively well
- He wants to get down to 190 - but can't
- Porn was still an issue for him
- Dating a new woman who is into health and exercise
- I struggled with this client because I wanted him to be more self aware, and wanted him to do a deeper quality of work.
- The truth is, he did the best he could. He bravely pushed himself in our work together
- In the end, I think he needed help getting back in his body and learning how to manage his own energy. I was surely an advocate here, and took a very strong, masculine, directive approach around this, which I know was helpful for him...

SOME KEY QUESTIONS

- **In general, with larger weight loss clients, I might ask these questions:**
- Why do you think you gained this weight: no right or wrong answers here
- Who will you be when you lose the weight? How will you be different? How will life be different? (Other than the obvious - I will be lighter)
- What do you think is getting in your way: I'm just wanting your opinion here
- What excites you most about losing weight and having the body you want
- What scares you most about losing weight and having the body you want
- If this weight, this body, was teaching you important lessons about life, what might that be?
- What do YOU think are the attributes or qualities of a professional who can successfully help you lose weight...

MY “ASK” OF A BIG WEIGHT LOSS CLIENT

- Minimum 6 month commitment
- I may ask you to do things that seemingly have nothing to do with weight loss. You can always say no, but I ask that you be open and willing as your basic posture. Can you agree to that?
- I need you to be 100% honest with me. If you don't want to answer a question, I need you to say that you don't want to answer it, rather than tell me something that isn't true. Can you agree to that?
- This may not always be easy work. I need you to be willing to work hard on your own behalf, and to let me know when something seems too hard for you. Can you agree to that?



REMINDER:

- Extra weight **may** be:
- Protection
- A call for help
- Abandonment
- Self abandonment
- Checking out of the body
- Trauma related
- A protest
- A spiritual journey
- A call to finally embody and agree to be here

BARIATRIC SURGERY: A FEW THOUGHTS

- Not my personal preference, not a fan...
- A very **last resort** in my strong opinion. Last resorts are fine and good...
- Many people benefit from this surgery
- Many do not - the real numbers and details are well hidden...
- Adverse reactions are underreported in media and in "sales"
- Can have difficult and permanent side effects
- The industry around this surgery is very powerful and aggressive in making this kind of elective surgery a huge business
- Bariatric surgery **is** an industry, they have their own strong lobby groups...
- Best for clients to speak with as many people as possible who've had this surgery
- I don't want my clients to be blindsided by the potential and likely side effects
- For clients who've had such a surgery: how do you work with them? It depends on the issue. Weight gain? Appetite? Overeating? Binge eating? Disappointed that the weight came back? Same way you'd work with any other client with these conditions. And have them see a doctor for any complications...

CASE STUDY: CASSIE

- Female, age 41, wants to lose 165 pounds. Weighs 320 lbs. 5'6 height. Single. Friendly, upbeat, happy, cheerleader type of person, and feels defeated by her inability to lose weight. Embarrassment about her weight, works around high achievers in an HR department in a mid sized corporation, does training and lectures in her company, enjoys being front and center and is ashamed at the same time. She can lose about 40 pounds on a low calorie diet, but gains it back. Tried high protein diet with mixed results. Weight came on gradually over about 10 or 12 years - not sure? Last time she weighed 155 - she was 25 years old or so. She used to exercise and enjoy it. Nowadays, she takes occasional walks. Not in much contact with her family - feels estranged from her parents, some contact with older brother. Did not like her conservative/oppressive upbringing. Engaged once, never worked out. Seems to me that the timing of her gradual weight gain was not too long after her break-up. Very interested to meet someone and have a long term relationship. And yes, body shame holds her back from dating...

CASSIE: MORE INFO

- Why does she think she gained the weight - "I just let myself go"
- She loves food, says she overeats
- How would life be different when she loses the weight - more confidence, like myself better, fit into my old clothes
- Says she would like to eat healthy, but doesn't have the willpower
- Complains that her knees hurt from the extra weight
- Has constipation, and her energy drops in the afternoon around 2pm
- Has been tested for thyroid health and diabetes and checks in as normal

CASSIE'S DIET:

- Breakfast: 6:45am - toast + eggs, or pancakes, or french toast, along with juice and coffee every morning
- Snack: 9:30am - donut or pastries or whatever is at the office
- Lunch: 12:30pm - turkey sandwich or chicken sandwich + chips + diet coke + office candy
- Snack: 3:30pm - more office candy, pastries
- Dinner: 6:30pm - usually at home, meat + starch + veggie + diet coke
- Dessert: ice cream and or cookies - 7x per week
- Fast eater
- Wine on weekends
- Eats out dinner 2x per week - lots of bread, dessert, pasta

CASSIE: MY INITIAL THOUGHTS

- I have lots of great places to work with her around diet
- And eating speed
- Cassie seems to have a lot of energy and is very vibrant
- It feels like she has abandoned her body and is simply not at home in it
- Cassie has a very sweet public persona and is very likable. This is often a challenge with high weight loss people as they can be quite good at being happy and upbeat even when something completely different is going on for them
- She's not comfortable expressing any kind of negative emotion - anger, upset, low mood. Feels that if she goes there she will never come back...

CASSIE: 1ST MONTH FOCUS

- Slow down with food, get present, feel nourished
- Begin to increase food quality - shop in a health food store
- Change her breakfast: I gave her a menu of choices based on finding out what she likes. So for every breakfast: 2-3 eggs + organic toast, organic breakfast sausage + toast, or a healthy tuna salad + toast. Move to organic coffee and organic green juice...
- No diet soda
- Drink 4-6 glasses of filtered water every day
- Write your Food & Body Autobiography: everything you can think of since childhood that you have gone through - challenges and successes around relationship with food and body. Diets, body shame, body positive times, key stories that stick in her mind...



1ST MONTH FOCUS: EXPLANATION

- I want to start off dietary changes slowly
- So I asked her to first change only her breakfast. My intuition tells me to go slow with her here because she is very attached to the way she eats, to what she eats, to junk food, and to getting her pleasure from food
- I want to get her into healthy eating consciousness: that's why I asked her to start shopping and familiarize herself with a health food store
- Slow eating is always key and fundamental to virtually any eating challenge. She goes a bit unconscious when she eats. My job is to help get her present in the place where she wants to fall asleep. Slow eating IS embodiment
- She needs water
- I wanted to give her one personal growth assignment, just to get the juices flowing...

CASSIE: 1 MONTH RESULTS

- She is intrigued by health food shopping because there are so many new products and new possibilities. She had lots of questions
- Enjoying her new breakfast and doesn't miss pancakes & french toast
- She's less hungry now after breakfast when it comes to the midmorning
- Finds slow eating difficult
- Diligent about drinking water and feels it's making her less hungry
- Autobiography was very confronting for her. Feels very exposed. Hasn't liked her body since she was a young teenager and never knew what to do about it. Has a lot of anger and disappointment at her parents for not being able to see her struggles or help her with this in any way
- She feels that she used sex quite a bit in her 20s to get men to like her. She had many encounters that she now regrets and feels ashamed of
- I'm very pleased with her progress...

CASSIE: 2ND MONTH FOCUS

- Change snacks at work: fruit, veggies + hummus, fruit + nut butter, healthy jerky, hard boiled egg, organic yogurt
- Change lunch: salad + protein + olive oil + organic potato chips + tea or water
- Slow down with food
- This is all about continuing to slowly change her palate, her habits around food, her sugar/carb habit, her junk food conditioning
- Write your Sexuality Autobiography
- I am trying to do a blend of diet + inner work with a focus on diet, simply because I see Cassie as someone who would better respond to this mix



RESULTS AFTER 2 MONTHS

- Changing her snacks at work proved super hard. She struggled here. There is a work culture that just about everyone participates in around food in her office. It's hard for her to resist when everyone else is enjoying pastries. It's a fun part of the day. It's a reward. I feel for her...
- She is disappointed in herself that she could not comply very well here
- Cassie is weighing herself once per week: no weight loss after 2 months
- Despite this, she feels better and has more energy and less appetite
- I stay very hopeful and positive and let her know that oftentimes, it takes a while for our metabolism to adjust to our new habits
- Sexual autobiography: she really sees how shy she is, and how much she hides her attractions these days. She's often ashamed when she feels sexually attracted to someone and tries her best to conceal it...
- I asked her to try to feel her attractions more, and pretend that they're perfectly okay. I asked her to experiment with flirting more

CASSIE: MONTH 3 FOCUS

- Renewed efforts with slow eating
- Change dinner: high protein, high fat, lower carb
- Have a more robust snack in the late afternoon so dinner is not such a ravenous affair
- Switch to an organic fruit sorbet or some organic chocolate for dessert
- I have now asked her to change her entire diet - all meals and all snacks. It has taken me 2.5 months to do this with her
- Walk 5 days per week
- I have avoided exercise and movement until now because she has felt shame here - I wanted to de-emphasize it - she is clearly ready now and open to daily walking - especially when I suggested she find a walk buddy
- Flirt more...



MONTH 3 RESULTS:

- Cassie is finally slowing down consistently with meals
- Less hungry
- Healthy snacks at work - she is successful about half the time
- Found a walking partner
- Is craving sweet foods less than ever
- Not as hungry at dinner - because of late afternoon snack in part...
- She lost 12 pounds this month: feels very hopeful and surprised because she is not eating less food. Truth is, she is eating less sugar and carbs...



CASSIE: FOCUS FOR MONTHS 4 & 5

- Make a greater effort at work in terms of snacks
- Continue focusing on higher fat and protein as your focus for meals
- Continue walking
- Get an infrared sauna for your home: use 5x per week for 25 minutes
- Our conversation was focused now on dating, men, relationship...
- I want to focus on living her real life now - as opposed to waiting for a future weight loss. This means exploring what she wants with relationship, fears, concerns, desires, excitements, and how to meet men...
- Cassie is surprisingly patient around the weight loss part and very trusting - an ideal client in many ways...

MONTHS 4 & 5 RESULTS

- Cassie is more focused than ever in terms of feeling less like an observer of her process, and more like a participant in her embodiment journey
- Conversations about men and dating and relationship are very upbeat and energized. She agrees to put her attention on dating via asking friends to fix her up
- She lost approximately 28 pounds in these 2 months. A total now of about 40 pounds. Cassie is now at 280 pounds and I feel we have turned the corner on her weight loss flow...
- I'm actually pleased the weight is coming off slowly. She's cautiously optimistic
- A friend has noticed her weight loss, her attitude, and wants to join in on the ride. She is a good friend and they decide to do the same dietary strategy. So she now has a girlfriend on this journey with her. Very auspicious...
- We are now meeting once every 2 weeks



CASSIE: MONTHS 6-9

- During this time she had a handful of setbacks in terms of binging on carbs at work, or late at night while home
- This didn't seem to correspond with any consistent reason
- Remember: setbacks are okay and to be expected. I had to coach her through these as the thing she needed to learn to stand by herself
- Really enjoying doing this weight loss journey with her friend. Most sessions, she talks a lot about how they support one another
- During this time, she lost about 60 pounds and is at 218 pounds
- She got fixed up with a man who really likes her. They've been dating for a month
- We spend a lot of time talking about what she's going through with him. He has zero issue with her weight. This of course was a big surprise for her. He wants to lose weight as well - about 40 pounds, and is curious about her diet

CASSIE: MONTHS 10 & 11

- She lost about 23 pounds and stabilized at 195
- She has now lost about 125 pounds in a little less than a year. This is the first time I've seen her get very disappointed as she has stopped losing weight despite continuing all her good habits
- I asked her to just relax for a while and go WITH this experience rather than fight it. I do not see this as being stuck. The body is a mystery...
- I suggested that life is asking her to inhabit this new body for a while, to enjoy it, occupy it, love it, care for it, and fully embrace it
- I asked her to take 2 months off from the need to lose weight - but stay on her new lifestyle and diet. I explained she is no longer on a diet. She is a different human, eating and living differently than before...
- This is the new you...
- This was hard for her, and she agreed...
- We also agreed that we would not meet during this time. I wanted her to just live her life and focus on everything else, while learning to enjoy her new body...

CASSIE: THE FINAL WORK

- After 2 months she gained about 10 pounds and was very upset
- We started meeting again. Getting above 200 pounds again was devastating for her. We determined that she got sloppy at work for a few weeks with pastries and sugar, and was drinking more
- I'm not sure what triggered her. Again, I asked that she learn to forgive herself and stand by herself. We made the connection that her childhood was so much about her parents pulling away their love whenever she was not being religious enough, or if she would do anything academically or music-wise or socially that they disagreed with
- I pointed out that she continues to abandon herself and punish herself when she disappoints herself. Big insight...
- In the next 3 months she lost around 24 pounds and was hovering at about 181 pounds. She was 25+ pounds short of her ultimate goal as her body stabilized here once again...
- We both felt our work together was complete...



CASSIE: SOME FINAL THOUGHTS

- She was still wanting to lose more weight
- Cassie was getting inundated with positive regard at work about how she looked. She was a more confident woman, more radiant, still a little worried about gaining the weight back, but also super pleased with her new body
- And here's the thing - she was not more confident **just** because she lost weight. It was her weight loss journey that gave her confidence
- She was dramatically more embodied, more **in** her body. She worked hard to get there - both inner work and the work of shifting her dietary habits
- To me, she needed a lot of hand holding, and someone who was emotionally "tracking" her. In a way, I was helping re-parent her...
- Success...

FINAL THOUGHTS: THE LARGER WEIGHT LOSS CLIENT

- Patience
- Stay positive as the practitioner no matter what
- Baby steps
- Embodiment for your client is key
- Be uniquely creative with each client
- Embrace plateaus...
- Metabolic kick-starters can be a big help (sauna, high fat/protein diet)
- Are there any big life changes that want to happen?
- Big inner changes?
- Celebrate all successes along the way...



THE LARGER WEIGHT LOSS CLIENT

THIS IS THE END OF
The Larger Weight Loss Client

PLEASE GO TO
Conscious Relationship

