

## Hormones cause weight gain in 75% of women. Could this be the reason you can't lose weight?

### Losing weight literally changed my life

"Never in my dreams had I imagined that one day I would be salsa dancing in Cuba. A couple of years ago I was over 100 kilos and knew I just had to lose weight. Not only was I feeling fat but I was tired, depressed and seriously unhealthy."

#### When diet and exercise fails

"So I went on a strict low fat diet and exercised at the gym five times a week. A month later I had only lost a few kilos, it really made me lose heart."

#### Burning away the kilos

"I then heard about MassAttack at my gym and decided to give it a go. Narelle taught me what I needed to know about getting my body into fat burning mode, instead of fat storing mode. She was so inspiring! Narelle believed in me and showed me what to do - I just had to get on and do it. She helped me to feel like a woman again.

"It didn't feel like I was being strict with myself. All the food I could eat was very tasty. It was more about changing the way I thought about food and understanding what were the right foods for me. It's easy to stick to because you feel so much better.

"Whoever thought I'd be salsa dancing? I'm light on my feet now, and I can move around the dance floor. Next month I'm off to Cuba!"

*Marina - MassAttack client*



Marina's achievements:

- Lost 5 dress sizes
- Understands what foods are right for her

## **There is more to losing weight than eating less and exercising more**

So what's the secret to winning your weight loss battle?...Hormones! With up to 1000 possible combinations - no wonder you can't lose weight!

Once you join my program you will learn how you can prevent, reverse and overcome symptoms such as:

- Mood swings
- Insomnia
- PMS
- Fatigue
- Acne
- Low libido
- Hot flushes
- Period problems
- Bloating & fluid retention
- Headaches

Without addressing these, over time they can cause more complex health concerns and more unexplained weight gain, such as...

- PCOS
- Endometriosis
- Thyroid imbalances
- Period problems
- Fibroids
- Menopause
- Childbirth
- PMS

### **My program**

- Identifies the hidden factors causing your weight gain.
- Corrects your metabolism using fresh foods, herbs and nutritional supplements.
- Provides you with a fresh, new outlook to your weight.
- Takes control of your weight by playing the game "smarter rather than harder".
- Helps you learn which foods improve your weight loss, saving you years of frustration on diets that just won't work for you.
- Rebalances, kick-starts and heals your metabolism.

## **Natural Weight Loss Why We Are Different**

We see things differently at MassAttack. To us, weight gain is a symptom of imbalance - which is why the simple formula of eat less and exercise more doesn't always work.

As naturopaths, we apply a common sense approach to health and healing. We believe that you can overcome illness and restore balance. We encourage your healing process by utilising natural methods such as diet, exercise, lifestyle changes, supplements, herbs and homoeopathics.

As part of your treatment process we encourage you to take responsibility for your own health. We believe that prevention promotes sustainable health - so you and our health system stay healthy.

### **What is Naturopathy?**

Naturopathy is more than a system of health care: it is both a way of life and a concept of healing. It employs various natural means to treating symptoms and the causes.

Naturopathic medicine is holistic care. It connects the physical, mental and emotional aspects of the person to find the root cause of disease and its symptoms. We treat these using natural and safe methods such as botanical medicine, homeopathy, diet and supplements.

When you choose to work with MassAttack, you are accessing some of Australia's most talented and dedicated practitioners. To ensure optimal client care, all our naturopaths are fully qualified and registered.

**To Subscribe To Our Free Weekly Newsletter  
'Juicy News', click [here](#)**

## Award Winning Health Program

As part of my dedication to delivering you the most up to date and current research, my program was independantly reviewed by both the Australian College of Natural Medicine and the Federation of Natural & Traditional Therapists Ltd.



It was found that MassAttack delivered an excellent treatment approach to the practice of naturopathy, delivering a strong sense of ethical practice and responsibility.

This is why I was granted the **ANPA Professional Excellence Award** - because I am devoted to delivering the highest possible standard of natural health care to Australian Women.

*Narelle Stegehuis*  
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## 4 Easy Steps to Success!

### Step 1

Complete your comprehensive Health and Hormone Assessment. A safe and proven method, it uncovers imbalances causing weight gain. It only takes 20 minutes, but may literally change your life.

### Step 2

Make your one-off payment of \$179\* and set up your personal login details. This naturopathic assessment fee is **rebateable from most health insurance funds**. Payment options include credit card, cheque, money order or direct transfer.

### Step 3

Your questionnaire is assessed with a focus on possible hormone imbalances causing your weight gain. A comprehensive 40+ page Program Report is prepared based on your specific health profile.

### Step 4

Your results and recommendations are sent to you and include 12 months of free naturopathic support.\*\* You can access your program by logging into your patient file with your registered email address and password.

*\*\$179 fee is based on accessing the program online. An offline postal option is available for a fee of \$209 to cover printing.*

*\*\* Free telephone and email support and monitoring by naturopaths based on initial program recommendations. 3-monthly detailed reviews may be recommended, at a cost of \$29.95 each.*

Begin today by logging onto  
[www.massattack.com.au](http://www.massattack.com.au)  
and completing the online Health and Hormone Assessment  
or contact us by clicking [here](#)