

# 5 Major Mistakes Making You Inflamed, Flabby and Fatigued! (And How to Avoid Them.)

Day: Wednesday, September 23rd  
Time: 12:30pm  
Location: Zoom  
Login Link:  
<https://us02web.zoom.us/j/82306353261>  
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RSVP:

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## What you'll discover...

- ✓ The 11 common “health” foods that trigger food-induced inflammation and the best way to determine if these foods are making you fat and inflamed. (This hidden inflammation affects more than 50% of the population.)
- ✓ Why eating the **RIGHT** fats and proteins is **KEY** to eliminating inflammation and excess weight. (You'll discover which fats and proteins to eat and which ones to **AVOID**.)
- ✓ The **TRUTH** about conventional, mainstream “health” and weight loss programs and why they will **NEVER** truly help you keep the weight off or permanently reverse your nagging symptoms. (And what you need to do differently.)
- ✓ How food toxins trigger inflammation, destroying the gut, disrupting hormones and increasing weight gain. (And simple steps you can take to **AVOID** them.)
- ✓ The **#1** habit you can develop to eliminate inflammation and lose weight that almost no one is talking about. (And it's **SO** simple!)