



Introduction to Common Sense Weight Management

Written by:

Marilyn Williams

Certified Nutritional Counsellor
& Dietary Consultant





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Marilyn Williams
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**Just a little about
me**



Hi & Welcome!

- By way of introduction, let me say that I've been involved in home study and research into nutrition and health related subjects for many years, but it's only in more recent times that I...
- Formalised my studies to become a Dietary Consultant and Nutritional Counsellor.
- I then furthered my studies to learn the concepts of naturopathic nutrition.



I studied through the Health Academy of Australia and am now a...

Certified member of the:
International Institute for Complementary Therapists



For five years I lived on a 3 acre property in Tasmania with my husband and son, Rocky the dog, chickens, ducks and guinea fowl totally over 30 or so! I am now back in suburbia living close by to the Mersey River in Devonport, Tasmania.

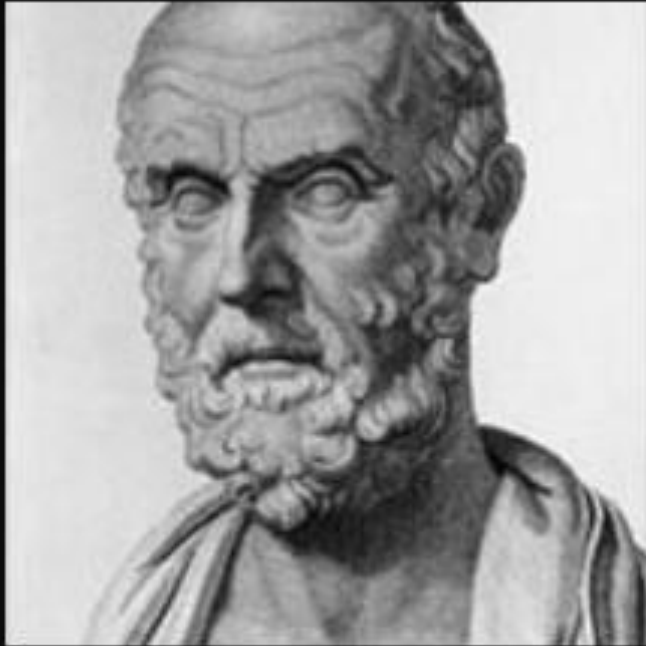


What I do



Nutritional Counselling & Dietary Consultant

- I focus on natural self-healing through lifestyle changes, not on simply treating symptoms or diseases.
- I work with doctors rather than against them.
- I do not advise clients to stop taking medication. If it becomes obvious that medication is no longer needed... you are expected to check it out with your doctor first.



Leave your drugs in the
chemist's pot if you can heal the
patient with food.

~ Hippocrates

'Let's build wellness rather than treating disease'

Dr Bruce Daggy

- **Stress whole and organic foods as medicine** to the body
- **Focus on building wellness** through the diet
- **Use appropriate supplements** when required
- **Avoid the use of modern medicine** principles like drugs, pharmacology and surgery wherever possible

After completing my formal studies, I wondered what was the best way for me to share the knowledge I had built up over the years.



I felt a burning desire to 'get the word out there' as I see all around me people who are sabotaging their health and weight because they have no real concept of how they should be treating their body.

I decided to create a course and my prayer is that I can help many other 'seeking' type people to become more attune to their eating habits, and therefore become the weight they are designed to be.



In most all cases,
what you put into
your mouth is
directly related to
the size and well-
being of your body.



**What this course
is about**

There is a sea of confusion surrounding all the advice given by the mainstream media, government and even conventional medicine.

Don't let
your life
become a
shipwreck by
being tossed
to-and-fro by
endless
conflicting
advice!



There is no
doubt about
it... we must
learn to take
control of our
own life!





check

We need to look after our own best interest... Why?



'They' have
their own best
interests at
heart... not
yours!

Don't be fooled!

Obesity has now reached pandemic proportions.

All those overweight are on their way to becoming obese unless they take steps to halt the progression now!



Along with overweight and obese comes a twin pandemic of Diabetes.

This condition brings heart disease, cancer, blindness and limb amputation!

What we are
talking
about here is
very serious
stuff!

PANCREAS
CELLS
RESISTANCE
METABOLISM
GLUCOSE
STAGES
ISLETS
INJECT
MONITOR
WEIGHT
CONGENITAL
NERVE
HEALTHCARE
SYMPTOMS
TYPE
COMPLICATIONS
PANCREAS
MELLITUS
INSULIN
RESPOND
SUGAR
KETOACIDOSIS
HYPERGLYCEMIA
WELL
ACUTE
ENDOCRINE
ADULTS
INJECT

Oh... so you mean I need to go hungry?



Are you always squawking for food like a baby bird?

No! Not at all!

You will find when eating real food such as the body requires, you will be much more satisfied.

It's the nutritionally deficient foods that cause you to want to keep on eating.

Your body wants nutrition. It doesn't recognise many of the so-called foods we feed our body with.

'Where's the nutrition' it cries!

Eating well and satisfaction go hand in hand.

Eating junk foods and becoming hungry soon after, also go hand in hand.



So, Common Sense Weight Management and Wellness Solutions are a pigeon pair.

Obviously, Common Sense Weight Management covers weight related issues, while Wellness Solutions covers better food choices. One goes with the other.



Let me see if I can bring some balance back into your life!

