

Welcome To...

The Stubborn Fat Loss Solution... For Supermoms

*Discover The Hormonal, Genetic & Lifestyle Secrets
To Burning Fat, Controlling Appetite and Eliminating Your Cravings...*

Lesson 1 - Action Steps

1. Get a Journal.
2. Write down the date you start and end your period.
3. Write down anytime you see someone for your health. What did you see them for, the date, what they said, what you experienced afterward.
4. Write down all medications you take. When you started taking it, what you experienced from it, when you stopped it.

Love,

Laura