

# Keys to Successful Weight Loss Seminar

**Jed Adamson N.M.D. C.Ac. L.M.T.** Dr. Adamson's research has lead him to study with Gary Young, world authority on Essential Oils and natural wellness, and now is so enthusiastic about the possibilities with Essential Oil that he is coming to Blackfoot to share his discoveries. He has **lost over 30 lbs** with essential oils and the principles he will teach.

**Nancy Sanderson Intl Business Owner** Nancy has struggled with her health and weight for many years. Unable to find help from the medical profession or lose more than 25 lbs., she traveled to the Nova Vita Clinic in Ecuador to use natural supplementation, diet, essential oils, balance hormones, and emotional clearing. She has since **slimmed down by 85 lbs**, and has an international business sharing essential oils.

**Margaret Houghton M.S. in Education** Margaret has struggled with her weight for most of her life. By putting the principals taught in "Feelings Buried Alive" by Karol K. Truman to address her emotional issues and diet changes; she has been able to **free herself from nearly 100 lbs!** She will teach methods that everyone can apply to "*unlock the real you*".

**Nancy Crowley R.N. Professional Energy Kinesiologist** Nancy has had over 1000 hours to study Kinesiology and emotional clearing to target a person's emotional and physical needs. As hormone changes took place in midlife through a 12 year period she gained 80 lbs. She has since she has **shed 85 lbs**. She will explain how emotions affect our physical bodies and how we can change negative energy to positive.

**Jarom Phillips Fitness Expert and Trainer** Jarom will share his insights on fitness and how to burn fat all day for maximum weight loss.

## Unlock the Real You!

- Balance Hormones
- Cleanse Toxins
- Essential Oils
- Blood Sugar
- Emotions
- Fitness



**Nancy Crowley  
before & after losing  
85 lbs.**



**Margaret Houghton  
before & after losing  
99 lbs.**

**More details available  
on our website:**

**[www.phiteam.net](http://www.phiteam.net)**

**Door Prizes!**

**Friday, March 26, 2010**  
**Building the Body with Essential Oils**

**FREE EVENT**

**Shilling House**

**81 N. Shilling, Blackfoot, ID**

**Friday: 7-9:00 p.m. FREE**

**For Tickets call 208-684-5110**

**Limited seating**



**Saturday, March 27, 2010**  
**Shilling Reception Center**

**214 S. University Blackfoot, ID**  
**Saturday: 9:00 A.M. – 5:00 P.M.**

**\$35/person or \$60/Married Couple**  
**w/ pre-registration/ \$40 at door**  
**208-684-5110 or [www.phiteam.net](http://www.phiteam.net)**  
**Limited Seating/Lunch included**