

The Diet AlteRNative™

Your way to permanent weight loss
and lifelong health



It's not a diet... it's a solution

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What if you could finally learn how to lose that extra weight you've been struggling to lose *and* improve your health at the same time? Sounds like an amazing claim, right? And perhaps one you're all too familiar with. If you want to count yourself among those who have finally stopped struggling, I'm here to tell you there is a solution.

I call that solution The Diet AlteRNative™

As a Registered Nurse and a patient, student *and* practitioner of many holistic approaches to weight loss and better health, I have discovered a reliable and healthy approach that works. In this report I'd like to share how I discovered this integrative approach, and how it can help you not only lose the weight for good, but also become healthier and feel and look better.

My goal is to help people feel and look better. Period.

My journey to health and wellness was a long one! I struggled with a wide range of symptoms, including weight gain and debilitating fatigue, and no doctor seemed to be able to help me.

My frustration sent me in search of answers outside of conventional medicine.

What I found was that most of the complications doctors treat are “health related” and can be reduced or eliminated by eating properly. Doctors are trained to diagnose and treat patients, mostly with medications. But doctors don't focus on prevention, and they don't provide education or support.

I eventually sought out the advice of a naturopathic doctor who helped me discover ways I could improve my health. Through simple lifestyle adjustments and nutritional changes I started to feel better.

I regained my health.

After years spent studying, researching and practicing holistic and complementary approaches to health, I was able to lose the weight and regain my health. Getting healthy wasn't always easy. It took a lot of trial and error, but I eventually discovered an approach that gave me lasting results. I discovered a 4-pronged approach that worked by addressing all of my health issues that the medical doctors couldn't solve. Realizing a genuine desire to help others, I become a certified health and wellness coach.

A Unique 4-Pronged, Holistic Approach



What does “Holistic Approach” mean? It means our health, and losing weight, is not just about our diet. We must approach it with a broader perspective. One that focuses on creating a healthy lifestyle through an

integrative approach that includes personal empowerment, whole food nutrition, physical activity and spirituality.

It's a "whole life" approach and you know what? It works!

It's what helped me successfully lose the weight and keep it off. It's what got rid of ALL of the physical ailments I was suffering from and helped me feel fully alive and full of energy. And, it's what has made me passionate about spreading the word.

In this report I'd like to help you understand why the food you're eating may be making you fat, sick, and depressed. And show you how The Diet AlteRNative™ can help you not only lose the weight, but also improve your overall health and well-being, and prevent or reverse many health issues.

First, let me ask you a few questions...

- Are you fed up with weight loss centers or "miracle diet pills?"
- Are you fed up with losing weight, only to regain it (plus more)?
- Do you repeatedly resolve to "start your diet (again) on Monday" and then binge on unhealthy foods?
- Do you feel like you've struggled with food forever?

- Do you find yourself eating for emotional reasons? (You're happy, you're sad, you're celebrating, you're depressed)?
- Are you constantly dealing with stress? Battling headaches, stomach upset or muscle tension?
- Are you fed up with feeling bad about yourself? Feeling unhappy and lacking motivation?
- Are you feeling out of shape and not sure where to start?
- Are you overwhelmed with all the different diets and health information available? Tired of trying to separate fact from fiction?

If so, maybe it's time for a different approach

Look, I know it's a dilemma: We know what to eat, what not to eat, that we need to exercise, and so on. But somehow that's not enough. We still stay stuck in the same place. The Diet Alternative™ can help you get un-stuck.

You're not alone.

Sadly, we are the most obese, sick, medicated Americans EVER. So clearly, what we are currently doing is NOT working.

According to the World Health Organization, by 2020, two-thirds of all diseases worldwide will be the result of lifestyle choices. Currently, the

leading causes of death in the United States are all lifestyle related: poor diet, lack of exercise, obesity, tobacco use and overconsumption of alcohol.

So if we KNOW what the problem is, why is it so hard to fix?

First, let's take a look at the traditional fix: The Diet.

Most of us know diets don't work yet we still go on them over and over again. Let's take a look at WHY diets fail.

Diets deprive us.

Most diets involve eliminating entire food groups. This is unrealistic for long-term goals. It's also just plain boring and nearly impossible to sustain.

Diets are temporary.

While some popular diets may work in the short term, the majority of people regain the weight (plus more), once they go off the diet.

Fad diets NEVER work.

They don't address the underlying reasons WHY you overeat or WHY you're sick and fat. And until you discover those reasons, you are destined to stay a "yo-yo" dieter.

Before you give up for good, rest assured there is a way out of this vicious cycle...

You have to stop dieting!

If you want to lose weight, you need to adopt a “no-diet” plan.

If you're wondering what to do instead, don't worry, I'll tell you...but first let's take a look at a few more reasons to take off the weight, and take it off for good.

It's a fact: Excess weight makes you sick, fat, and depressed

A Harvard study revealed some sobering statistics about weight and health: Obesity increases the risk of diabetes 20 times and substantially boosted the risk of developing high blood pressure, heart disease and stroke, the leading causes of preventable death.

There is overwhelming research that the Standard American Diet is the NUMBER ONE contributor to the epidemic of chronic illness in this country!

Perhaps even more compelling is the strong link between excess weight and depression, because this common mood disorder can have a profound and negative impact on your daily life

Lifestyle interventions—learning what to eat, how to incorporate physical activity, and how to manage and reduce stress—have proven to be the *least* common prescription doctors write for patients struggling with weight issues

and preventable illnesses. Yet, according to studies they are the most effective!

And, because your weight and how you feel is directly related to what you put into your body, that's where I'd like to start.

It all starts with food.

What can help you lose weight for good, improve your mood, and lower your risk for heart disease, diabetes, and high blood pressure?

FOOD!

It may seem too good to be true, but it's not. Hundreds of studies demonstrate that eating the right foods helps you look better, feel better, and live longer.

Conversely, illness can be caused by poor eating habits. Too many Americans simply do not know the principles of a healthy diet, and to complicate matters more, not everybody requires the same food to stay healthy. It's no wonder so many people are struggling!

The question is, do you know what food YOU need to maintain your ideal weight and stay healthy?



If not, you should, because with the right food you can expect a myriad of benefits for your body: lower blood pressure, improved cholesterol, a reversal of heart disease and diabetes. And, best of all, permanent weight loss without counting calories, omitting basic food groups, or ‘dieting.’”

Sounds too good to be true, right? It's NOT!

You just have to learn how to eat for *your* body... by knowing what foods may be triggering your weight gain, symptoms, or illnesses, and making you fat, sick, and tired.

Once you know that, you can find healthier, tasty alternatives that will help you get rid of excess weight and stubborn belly fat, you'll start to have more energy and feel like you have a new lease on life and in many ways you will!

This isn't always easy to do on your own. In my case, I initially had to figure out which foods I should be eating and which foods I shouldn't. I had to be a detective and learn how to read food labels and how to find alternatives that

were satisfying. I also learned how to make better choices at restaurants and around the holidays, so I never felt deprived. I know this can feel overwhelming, but you don't have to figure it all out on your own.

Stress, Physical Activity and The Diet AlteRNative™

My first “rule” is starting off with small steps. For me, food was the first step, but I realized along the way that losing weight and getting healthy was not just about what I was eating. It was also about improving my physical and mental health.

Stress puts a tremendous strain on our bodies. And often when we are stressed, unhealthy habits follow, including poor food choices and not making time for physical activity.

And far too often people don't understand how to find their “off switch” so they can alleviate the stress and give their nervous system a break.

Medical research indicates stress plays a role in at least 87% of all illness... and 80% of all physician visits are for stress related complaints.

A powerful tool I use to alleviate stress is Reiki. If you're not familiar with Reiki, it's a gentle, non-invasive healing practice that promotes relaxation and stress reduction.

Reiki treatments supported me so I could deal with my stress, which helped me with my weight. As a certified Reiki Master, I offer Reiki to my clients

to help them relieve their physical and emotional stress, so they too can enjoy all of the benefits it provides.

Integrating physical activity that works for you.

It's also important to incorporate exercise into your life in a way that works for your personality, your lifestyle and your body. The same prescription doesn't work for everyone (that's why most diets and one-size-fits-all exercise programs fail). In my case, I joined a gym and was so inspired by the changes in my body and my mood that I decided to get certified as a personal trainer so I could help others experience the rewards of exercise. Although I don't currently offer personal training, I still keep up with the latest in exercise science. I also realize that not everyone loves the gym the way I do. There are many ways to fit exercise into your life. It's about finding what fits your personality, your lifestyle, and your goals. And that's what I help people do.

Through all of my professional and personal experiences, I have learned there are many ways to nourish our mind, body and spirit to create lasting weight loss and better health.

That's why I practice this integrative approach ... what I call The Diet AlteRNative™

I believe lifelong success—when it comes to weight, and physical and mental health and fitness—is only possible when you address the mental, emotional, physical, and spiritual components. This 4-pronged approach has been the secret to my success, as well as my clients' success.

Research supports this, too. Although, you'd be hard-pressed to find this 4-pronged prescription supported in the medical community, or in the majority of diet programs.

The Diet AlteRNative™ provides a personalized prescription covering all 4 areas: 1) Whole Food Nutrition, 2) Physical Activity, 3) Stress Reduction and 4) Personal Empowerment. In helping each person find their best solutions, they become empowered and are able to make the best choices for their unique lifestyle.

Diets appeal to the desire for a quick fix that we all have.

We live in an instant gratification society and we're conditioned to want things to happen fast. And that's why diets and weight loss products sell. The bad news is that you keep buying and trying diet after diet. That's good news for the diet industry, but not for your pocketbook or your psyche.

The truth is real wellness only happens when the body, mind and spirit are in balance, allowing your outside world to become balanced as well. And that's what The Diet AlteRNative™ is all about.

I love the following quote because it sums up the effectiveness of this approach perfectly...

“The part can never be well unless the whole is well.”

—Plato

If you're ready to try The Diet AlteRNative™ and make your whole self well so you can enjoy all the benefits it provides, I'm here to help.

Every month I reserve a handful of complimentary consultations for people who have registered for this report and are ready to make changes in their life. People who want to uncover the personalized, integrative approach to wellness that will actually work for them. In this free, no-obligation consultation we'll talk about where you are in terms of weight, health issues, stress, and fitness, what your current challenges are, and together we'll determine the best way for you to reach your goals.

There are three ways you may contact me to request your free consultation:

Visit <http://Coach4HealthyLiving.com/contact-3>

Email me: Janine@Coach4HealthyLiving.com

Call me: 617-610-0734

If you're selected I will contact you within 48 hours to schedule your consultation.

Not quite ready to jump in yet?

That's OK, I understand and I still want to help you move toward better health and wellness. Now that you've registered for this report, you will also receive periodic updates and information from me that I hope you'll find helpful.

In closing, I'd just like to thank you for reading this report and wish you the best of luck as you embark on your journey to lifelong weight loss and health.



About Janine Gilarde



Janine Gilarde works in the traditional medical field as a Registered Nurse. She also has nearly twenty years of professional and personal experience in integrative medicine. Because she is immersed in both fields, she sees herself as a bridge between the two.

When her health issues were cured through nutrition, and not medication, she wanted to learn more. She sought answers apart from the traditional medical model. This drew her to seek further education and training in the area of integrative health. And it was when she applied all of the things she learned, that her life turned around. Not only was she successful in losing the weight and keeping it off, along the way she became more physically and mentally healthy.

Janine studied many complementary approaches to healthcare and practiced Reiki as a way to manage her stress. It was through her Reiki practice that she realized how explicitly the body, mind, and spirit are connected to our physical and mental health. She is committed to using an integrative approach as a way to maintain health and avoid illness and as a Certified Reiki Master Teacher, she is able to offer Reiki treatments to her clients.

Janine now shares The Diet AlteRNative™ with people and helps them develop a personalized, integrative approach so they can lose weight, reduce stress, manage and prevent disease, and improve their overall health. She understands the challenge of trying to “figure it all out” and her goal is to help people find the most effective solutions for their specific challenges.

It is her deep desire to help people discover what nourishes them: what sustains their mind, body, and spirit. And how they can use this knowledge to create simple daily habits that will enable them to live a rich life. A life we all deserve.

You can learn more, or contact Janine, at www.Coach4HealthyLiving.com