



Become a Certified Weight Loss Counselor Online Course

Joyful Living Services is giving a Certified Weight Loss Counselor Course.

Course Details

This course runs for 16 weeks online. It contains 16 lessons on the web, webinar, and telephone. The web files are in PDF format and will be ready to be downloaded each week. We will let you know when you can watch the webinars and will hold scheduled telephone support at your convenience. You will receive a certificate at the end of this course. There is homework with each session and there is a test at the end of the course. The homework and test will be graded as you turn them in. They will need to be mailed or e-mailed to us. This course is on your own time so you can complete the lessons at your own pace. If you are going on vacation, are ill, or don't have the time every week to read the lesson and complete the homework you will not be penalized. Because this course is online and is on your own time, you are responsible for turning in your homework when it is done. You will receive your certificate once all the homework has been turned in and once your final exam is graded and passed.



Course Cost

This course costs \$300. The course can be paid in full up-front, in two payments, or monthly (whichever is easier for you). It can be paid by check, credit card, or bank wire.

Special Double Course Discount

If you would like to take two courses at the same time, you can take them for a discount of \$100. Both courses you choose will cost \$500 instead of the regular price of \$600. Let us know if you want to take advantage of this special double course discount when you register.

Questions & Registration

Fill out the attached registration form and mail it to us along with your payment to Joyful Living Services, P.O. Box 485, Weimar, CA, 95736-0485, USA. You can also register online on our web site at <http://www.joyfullivingservices.com>, contact us via e-mail at iridology@netzero.net, or by phone at 530-878-1119. We will need your name, company if you have one, mailing address, phone, fax, e-mail, and payment information to complete your registration process.

Course Definition

Weight gain is a huge problem in the world. Weight gain is an increase in body weight. This can involve an increase in muscle mass, fat deposits, excess fluids such as water or other factors. Weight gain can be a symptom of a serious medical condition.

Certain food groups (like sugar, grains, dairy and legumes) could be having a negative impact on your health and fitness without you even realizing it. Are your energy levels inconsistent or non-existent? Do you have aches and pains that can't be explained by over-use or injury? Are

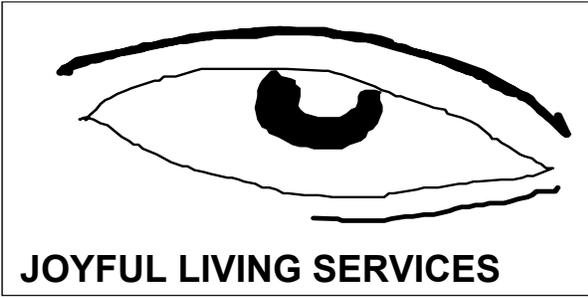
you having a hard time losing weight no matter how hard you try? Do you have some sort of condition (like skin issues, digestive ailments, seasonal allergies or fertility issues) that medication hasn't helped? These symptoms may be directly related to the foods you eat—even the “healthy” stuff.

This class will help you learn for yourself and teach your clients how to lose weight and improve their body composition without counting or restricting calories. Also commonly reported are consistently high energy levels, improved athletic performance, better sleep, improved focus and mental clarity, and a sunnier disposition.

This class is intended for both people who want to lose and control their weight as well as those who want to learn how to teach clients how to lose and control their weight.

Course Schedule

- Session 1: Course Overview and Introduction to Weight Loss
- Session 2: Setting Goals and Updating Your Kitchen
- Session 3: The Importance of Water
- Session 4: What About Detoxing To Lose Weight?
- Session 5: Protein, Fats, Carbs, Fiber, Whole Grain
- Session 6: Exercise, Exercise, Exercise
- Session 7: What Type of Overeater Are You? Is Your Hunger Physical or Emotional?
- Session 8: Is Counting Calories and Charting Really Necessary?
- Session 9: How Stress Affects Your Ability to Lose Weight
- Session 10: How Your Glandular System Affects You
- Session 11: Outside Influences, Food Combining
- Session 12: Shopping and Kitchen Essentials
- Session 13: Breakfast, Lunch, and Dinner Ideas and Recipes
- Session 14: How to Break Habits (licking spoons while making meals, etc)
- Session 15: A Peak at 3 Programs: The Ideal Diet, Whole30 and Inform
- Session 16: Herbs and Supplements to Help with Weight Loss, Weight Loss Sites, References
- Final Exam, Certification, and Class Evaluation



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Name: _____

Company: _____

Address: _____

Address: _____

City, State: _____

Zip Code: _____

Country: _____

Telephone: _____

Fax: _____

E-mail: _____

Course Name: _____

Payment By: (Please circle one) VISA MasterCard American Express Bank Wire Check Money Order

Payment Option: (Please circle one) 1 payment 2 payments 3 payments 4 payments

Credit Card #: _____ Exp. Date: _____

Date Funds were Wired (if bank wire): _____ Check Number (if personal check mailed): _____