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AN EASY-TO-FOLLOW
PROGRAMME FOR
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TRANSFORMATION



ESSENTIALS

Six Weeks To Superhealth An Easy To Follow Programme For Total Health Transformation

Emilie Sanchez



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of the medical myths that have plagued so many of us take control of our lives and make our health NON NEGOTIABLE

The Louise Parker Method Louise Parker, 2017 Louise Parker AKA the figure magician has worked her magic on actors athletes pop stars politicians and princesses and believes absolutely anyone can have a sensational body Glamour Louise Parker is one of the very few weight loss experts worth the title A genius method an unbelievable client list and years of experience Good Housekeeping Clever kind and committed to getting you the best body possible Louise Parker really does think of everything Tatler Quite simply the most intelligent weight loss programme out there Independent It is not a diet it is an inspiring easy to follow programme for life consisting of two phases TRANSFORM taking the direct route to your best body LIFESTYLE protecting your results for life The method is the best kept secret of A list celebrities royals global CEOs entrepreneurs and London society the quickest most do able approach of total body and lifestyle transformation It contains over 80 effortless recipes to help you Eat Beautifully and avoid being Organically Overweight Many of the recipes call for fewer than 8 ingredients and take just 8 minutes to prepare For the first time Louise shares her unique four pronged approach to lasting success that has made her method the mecca for worldwide clients demanding the most intelligent focused and practical solution to permanent weight loss and habit change The book details four simple pillars that promise you can drop two dress sizes in six weeks without a chia seed in sight Think Successfully positivity keeping inspiring company and making time for simple pleasures every single day Live Well de cluttering your surroundings a Digital Detox after 9pm every night sleeping 7 8 hours a night and taking 20 minutes a day to brain nap Eat Beautifully eating 3 meals and 2 snacks daily from any of the 80 delicious recipes in the book Exercise Intelligently achievable goals of walk a minimum of 10 000 steps exercise for 30 minutes following Louise s workouts or other exercises you enjoy

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