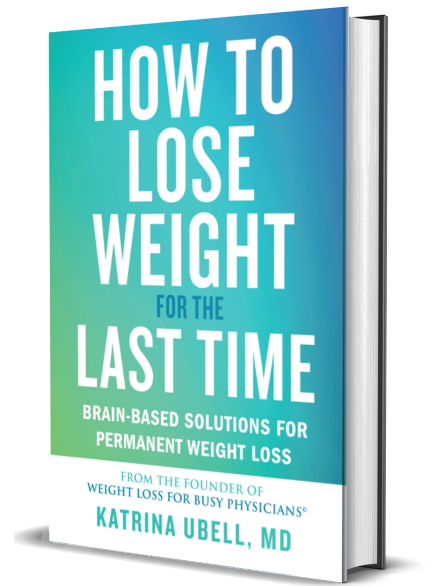


EXPERIENCE PERMANENT WEIGHT LOSS AND FREEDOM AROUND FOOD

You'll learn:

- Science-backed advice, plus applicable tools to manage thoughts, habits, and emotions around food
- How to lose weight without unrealistic diet plans, special foods, supplements, or rigorous exercise protocols
- The brain-based solutions and behavior patterns that will help you achieve lasting results



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Katrina Ubell, MD

MASTER-CERTIFIED LIFE & WEIGHT LOSS COACH

As a pediatrician, Katrina Ubell, MD always struggled with her weight. She tried every diet and program under the sun. Some worked for a while, but she'd always regain the weight.

In 2016, she finally figured out how to make weight loss permanent and developed a program to help other busy physicians who often de-prioritize their own wellness.

As a weight loss coach, she has now helped over a thousand busy physicians find and stay at a healthy weight and achieve the same peace and freedom around food.