

FAITH-BASED WEIGHT LOSS PROGRAM OFFERS PROVEN MODEL TO NATIONAL CLIENTS

Faith-based Weight Loss Transformation! – the only Registered Dietitian-developed program of its kind – is now available online.

NEW YORK, NY, January 7, 2014 – Weight Loss Transformation! (WLT!), a faith-based, weight loss program with a proven record of success, is now available nationally with online group sessions, innovative resources and verified training methods. This first-of-its-kind program, developed by Registered Dietitian and renowned weight loss coach Elizabeth Madison, uses a holistic approach to permanent weight loss by addressing the most influential elements in a person's life to achieve physical, emotional and spiritual health.

“Yo-yo dieting and quick weight loss trends result in unhealthy habits and the inevitable return of lost weight – sometimes along with additional pounds – at a high emotional cost,” said Paul Coss, RN and critical care health care consultant. “Madison's Weight Loss Transformation! program implores a systematic approach that introduces core lifestyle changes along with proven methods for weight loss.”

The WLT! program was developed to help individuals draw on their spiritual strength to combat the challenges that often stand in the way of permanent weight loss. Madison's webinars and orientation sessions guide clients with proven techniques, an abundance of resources and support through a members-only web site.

WLT! has helped men and women steadily lose weight, with more than 85% of participants achieving weight loss and 25% of participants seeing a 10% reduction in body fat¹.

To help kick off the new year, WLT! is available through an exclusive, one-week free trial beginning January 7th. Visit www.weightlosstransformation.com to learn more.

About Weight Loss Transformation! LLC and Elizabeth Madison Nutrition
Weight Loss Transformation! is a national, online, group weight loss program with proven results. It is a division of Elizabeth Madison Nutrition, which was launched in 2007 as a nutrition and wellness company specializing in comprehensive weight loss programs, medical nutrition therapy, and nutrition education. Until the launch

¹ Based on a study of 28 men and women from December 2012 – December 2013

of the national Weight Loss Transformation! program all services were provided locally in New York, NY. Madison is a Registered Dietitian and Certified Nutrition and Wellness Coach and is the CEO of Elizabeth Madison Nutrition. She has a Masters Degree in Rehabilitation Counseling from NYU, and is a prolific writer, speaker, and expert in nutrition, wellness and permanent weight loss. For more information, visit www.weightlosstransformation.com.