

THE REVOLUTIONARY 4 STEP WEIGHT LOSS BREAKTHROUGH

RELEASE YOUR KILOS

Feel Confident,
Healthy and
In Control



Cherry Farrow

Helping others discover their potential

“I understand the frustration and despair that comes with feeling like maybe I just can’t lose weight and that I’ll continue to put on weight for the rest of my life”.

CHERRY'S JOURNEY

I remember what it was like... feeling overwhelmed by my weight, feeling unattractive and lacking in confidence, all the while worrying about what I was going to eat next and how I was going to avoid putting on more weight....

Yet deep down inside I felt that it was possible for me to be a healthy weight and feel confident in my body.

For years, I spent astronomical amounts of money on diet books, exercise equipment, training videos and so much more. You name it, I bought it and tried it, at least for a while.

But nothing seemed to stop the yo-yo-ing until I understood what was going on inside, what was holding me back.

I have now been in my healthy weight range for over 10 years – a fabulously comfortable size 8-10.

And I didn't do it because of any exhausting diet program or draining exercise regime. I did it when I realised that the cause of my weight gain, was the unconscious patterns, beliefs and programming in my brain.

Once I understood this, I was able to transform and re-program my behaviour and finally reached my ideal weight, and I'm going to show you how you can do the same – lose weight and become your true, confident and healthy self.



Cherry Before

**“I want you to be able
to achieve what I and
so many of my clients
have achieved”**

An INVITATION

A Journey of Transformation

I want to invite you on a journey....

Release Your Kilos is designed specifically to help you lose weight, keep it off, and drastically improve your confidence.

This journey is going to be **unlike anything you've ever experienced before**, even if you think you can't possibly change, or that these techniques couldn't work for you, or that you don't think you have what it takes to succeed.....you can still see life changing results with this program.

This is NOT going to be a program where we talk about what to eat and how to exercise. As I said before, it's not about that, yet...



Most weight loss programs like to say things like "All you have to do is eat these certain foods in this certain order and everything will be OK", OR, "Do these couple of exercises in this particular way and it will work better than anything else".

These are all empty promises that inevitably always fail because they don't get to the root of what's going on.

This program will not be like those programs.

If that's the type of program that you're looking for then I would suggest not continuing any further. The truth is that those programs all miss what's really going on unconsciously that is preventing you from losing weight and feeling strong, confident and happy in your body.

“At least 80% of the people I work with who are overweight have emotional or past trauma challenges contributing to their weight gain”



Jon Gabriel

“Many people don’t understand that emotional well being is essential to their physical health. In fact, in terms of dieting for weight loss, not addressing emotional issues - whether small or serious traumas from the past - is the primary reason that most people who lose weight often fail at keeping that weight off”



Dr Joseph Mercola

What this program consists of.....

Release Your Kilos takes you through a **4 step process** that covers the most important areas that need to be addressed in order for you to eliminate the things that are blocking you from losing weight.

You will discover the unconscious patterns that need to be developed so that every decision and action you take on a daily basis is leading you towards exactly what YOU want.



Step ONE

Responsibility & Reality

Module # 1 – Responsibility

To have a fresh start we need to first understand why we do what we do. By the end of this step you will understand how you are unconsciously creating your own future. But if the results in life are not what you want... then you have to learn how to create them differently. It all starts with understanding how we make certain things happen... and fail to make others happen.

Module #2 – Reality

The majority of people's problems are problems of perception. This misalignment with the truth can become so ingrained that people mistake it for reality (when it's not). The good news is, when every cell of your body is **ALIGNED** towards weight loss you begin to live the life others only dream of.

By the end of Step 1 you will understand your reality and be able to take responsibility for the major actions you need to take to give you complete alignment, clarity and fulfilment in your life.



Step TWO

Realisation & Reflection

Module #3 – Realisation

The conscious/unconscious mind conflict or incongruence hugely affects our behaviour and actions. According to Dr. Kappas' Theory of Mind our conscious mind controls up to 12% and our unconscious 88% so when it comes to the vote the 88% will win every time. Realising our unconscious processes, or our automatic processes, allows us to align our minds and create congruency to achieve our desired weight loss goals.

At the end of Step 2 you will understand what has been holding you back from achieving your ideal weight. You will understand your full story and know that it is just a story that you can rewrite.

Module #4 – Reflection

Reflecting on the “benefits” we receive from NOT overcoming our weight problems, which may be outside our conscious awareness, is an important mechanism in why we stay stuck. We go deep into the unconscious reasons we may have been holding on to the weight.

- ☐ yes
- ☐ no
- ☐ maybe

Step **THREE**

Release & Repair

Module #5 – Release

This is a very transformative process where we clear those negative emotions and limiting beliefs you have about yourself and set you up for success.

Module #6 -Repair

You'll repair and rewrite your story influencing your behaviour to shape it the way you want it to carry you towards your goals.

**At the end of Step 3
you will feel like a huge
weight has been lifted
off your shoulders -
and it has!**



Step **FOUR**

Recognise & Reward

Module #7 – Recognise

In Module 7 you finally understand lapses and what they really are. Now you recognize it for what it is, and never let things get out of control. You will recognise your triggers and will know how to respond. You have learnt how to deal with it. That little voice in your head will be your ally now, no longer a foe.

Module #8 – Reward

Reward yourself for how much you've accomplished. You have made changes and already come a long way. You have the know how and the commitment – and you know you can achieve your goals because you have made huge progress in just two days.

After Step 4 you will have mastered the 3 secrets to weight loss success and know intrinsically that your future path is set up only for success.



RELEASE YOUR KILOS

This is a CONTENT PACKED TWO DAY seminar that will show you how to figure out what is going on in YOU that is preventing you from releasing weight, and just as importantly, what is holding you back from feeling comfortable and confident in your body.....



SPECIAL OFFER

FOR A LIMITED TIME ONLY, WE'RE OFFERING THE FULL
"RELEASE YOUR KILOS" PROGRAM INCLUDING:

- ✓ Pre Seminar Workbook and Audio
\$295 Value
- ✓ The Complete Workbook
\$105 Value
- ✓ Transformational Two Day Seminar
\$895 Value

AND TO KICK-START YOUR PROGRESS I'LL INCLUDE THREE
POWERFUL BONUSES:



12 Week access to Series 1 of The Token System
- Lifestyle & Weight Management Solution
Valued at \$240



Inspire & Inform Cookbook Series
- 6 Week Mix & Match Cookbook
Valued at \$49.95



Release Your Kilos Hypnosis Audios
Valued at \$295



Total Value
\$1,879

What the seminar covers:

During the 2 day seminar, which includes a pre-seminar workbook, you will learn:

- Why focusing on food and exercise first is completely WRONG when it comes to losing weight.
- The specific hormone that most people are overloaded with that ruins any chance of losing weight (and how to control it).
- How to reprogram your brain and your body so that they switch from fat storing to fat burning mode.
- Specific steps to get to the root of what is preventing you from losing weight easily... And much, much more.

PAYMENT OPTIONS

To make this opportunity even more accessible and affordable there are three payment options available.

OPTION 1	Pay Only \$95 Today	Followed by 3 monthly payments of \$200 (Total \$695)
OPTION 2	Pay Only \$170 Today	Followed by 2 monthly payments of \$250 (Total \$670)
OPTION 3	Pay Only \$645 Today	One discounted payment

MONEY BACK GUARANTEE

And on top of that, to ensure you feel completely safe in your decision and that you know without a doubt that this is going to work for you, I also want you to take advantage of my unconditional guarantee.

Join “Release Your Kilos” and if you’re not happy with your results after a full 3 months, and you’ve done the tasking, I’ll gladly refund every penny.



Simply notify us by calling us or by emailing us within 90 days and return the products and we’ll give you your money back.

JOIN US NOW!

Become part of a supportive group that will guide you to creating the body, the beliefs and the confidence you need to create a life beyond anything you’ve ever imagined was possible for yourself.

So go ahead and click one of the “add to cart” buttons below and begin your amazing journey of transformation.

OPTION 1

Pay Only
\$95
Today
Followed by 3 monthly
payments of \$200
(Total \$695)



OPTION 2

Pay Only
\$170
Today
Followed by 2 monthly
payments of \$250
(Total \$670)



OPTION 3

Pay Only
\$645
Today
One
discounted
payment



Cherry Farrow

Helping others discover their potential

Cherry is a staunch believer in the inexhaustible inner potential of human beings. She is an exciting, dynamic transformational seminar leader, presenter, Personal Success Coach and business woman.



Cherry brings an advanced level of knowledge to all of the seminars and trainings she teaches and has achieved great success in helping people discover and achieve more of what they want in life. This includes but is not limited to quitting smoking, the elimination of destructive habits, negative emotions and limiting beliefs, and in particular weight-loss.

For over a decade Cherry has helped hundreds change their lives. She continues to inspire and educate people to transform their lives for the better through her seminars, trainings and coaching.

Cherry is an avid reader and is continually up skilling to ensure she is at the leading edge of Human Behavioural Change technologies to benefit her clients. Following is an abbreviated list of her success to date:

- Master Practitioner of NLP (ABNLP)
- Master Practitioner of Hypnosis (ABH)
- Master Practitioner of Time Line Therapy™
- Master Coach
- Accredited Trainer of Neuro Linguistic Programming (NLP)
- Accredited Trainer of Time Line Therapy™ (TLTA)
- Accredited Trainer of Hypnotherapy
- Accredited Trainer of NLP Coaching
- Creator of The Release System
- Creator of The Token System – Lifestyle & Weight Management Solution

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