



Are You Tired of Yo-Yo Dieting?

Learn how to lose weight for good with these 4 elements.

About Angela B

Angela Buhri is a Swiss behavioral therapist who is helping overweight professional women lose weight naturally, healthily, and for good by addressing and eliminating the root causes so that they can shine in their profession or business while performing at their peak level while having a well-balanced life.

Contact information

Angela Buhri

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- ✓ The Little Known Secret Why Diets Don't Work and How To Lose Weight Without Dieting
- ✓ The 4 Pillars Of Maintainable Weight Loss
- ✓ How to Create a Sensible and Maintainable Weight Loss Strategy
- ✓ The Necessary Mindset Shift for Lasting Weight Loss





Her Story

When she launched her weight loss program back in 1984, she was successful offline earning almost half a million dollars in her first month. However, 13 years after she first lost 56 pounds by eliminating the root cause of her weight gain, she experienced a traumatic situation that led to 22 years of famine, which was followed by a chronic lack of vital nutrients, several chronic diseases and several surgeries that made it impossible to exercise. This all lead to severe weight gain.

While that experience forced her to stop working as a weight loss coach, she found herself again searching for answers on how to lose weight in a healthy way and guide others to do the same.

After detecting a wide range of possible causes of weight gain, Angela's new understanding of weight issues triggered a deep inner desire to share that knowledge with other weight struggling women. Driven by her desire to help other women, she created a weight loss system called 4-Pillar Weight Loss.

The Problem

Every year, consumers are introduced to “new” diets, pills, or programs to help with weight loss. With that, there are many lies and myths that overweight people are told and are taken advantage of without offering real, sustainable solutions. Every new product is just the same old lie in a new package:

20th-century solutions to a 21st-century problem.

Most weight loss plans on the marketplace do not take care of the root causes and ignore other health concerns.

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**WEIGHT LOSS
ANSWERS**



The Solution

4-Pillar Weight Loss

Through her weight struggles and by working with over 10,000 clients worldwide, Angela B has so far found 59 possible causes of weight gain and the inability to lose it in women. Reasons can range from parasites, Candida overgrowth, feeling devalued, lacking purpose, being stressed, being frustrated, having been abused, to name a few. They need to be addressed first before anyone even decides to make a lifestyle change. Because, as long as the real cause has not been found out and taken care of, the weight will come back like a boomerang.

Thus, Angela has developed a more comprehensive system that helps women transform causes and contributing factors of all levels: body, emotional patterns, mindset, and subconscious mind. Like with an iceberg, a large percentage of the entire weight loss success is psychology... underneath the surface.

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- ✔ Addresses the causes of weight gain and not the symptoms.
- ✔ Looks at the person as a whole being and addresses all aspects of the human being: The body, the mind, & the spirit
- ✔ Provides a coach and group for physical and emotional support
- ✔ Improves other health issues with a system based on several natural laws
- ✔ No dieting, no starving
- ✔ Provides a unique method, a combination of hypnosis, meditation, and behavioral therapies, to make the transformation process fast

