

# A Simple Low Carb Life Weight Management Program Video Series

Introduction to our...

*Dirty Little Secrets*

to Living

A Simple Low Carb Life

Copyright 2015, A Simple Low Carb Life. All rights reserved.

Thank you for purchasing  
our video series!

This investment in your health is  
**a very important step**  
toward leading a more rewarding life.

# **Some Suggestions for Optimal Success:**

# Take your time

*(The tortoise **always** wins the race in weight loss)*

**Do not rush through the videos**

*(Most people cannot absorb the  
information all at once)*

**Take a break between each video**

*(Don't cram them in over a weekend)*

# **Be kind to yourself**

*(Slip ups are inevitable  
once in awhile)*

# **View Module 1 before you begin to change your way of eating**

*It is not necessary to view all of the  
videos before you begin the diet.*



**View the other modules  
as time permits and you wish  
to learn in more detail**

**Remember, you can ALWAYS  
review previous videos at any time**

**No need to view the  
videos in order**

**Refer to your Guidebook  
(PDF format) included with your  
video series at any time**

*Let's get started!*

[www.asimplelowcarblife.com](http://www.asimplelowcarblife.com)

[asimplelowcarblife@comcast.net](mailto:asimplelowcarblife@comcast.net)