

## **Press Release**

FOR IMMEDIATE RELEASE

### **Battle the Holiday Bulge**

by Gina Van Luven

January 1, 2012 – Many people struggle with gaining weight over the Holidays and face the challenge of that New Year’s resolution to lose weight. There is also the issue of your body storing toxins that can create long-term disease. By removing toxins from your body, not only can you reduce disease risk; but you can also kick-start the weight loss process and begin to melt away excess pounds.

Wellness speaker, author and coach, Gina Van Luven, will be offering a “Battle the Holiday Bulge” teleclass (class via telephone) January 9<sup>th</sup>, 16<sup>th</sup> and 21<sup>st</sup>, 2012, which will offer a step-by-step action plan on how to safely remove toxins from the body. The class will consist of three weekly one-hour classes, including a fully outlined ten-day menu plan, step-by-step action plan and live strategy sessions to ensure participants receive personal attention. Class participants will also receive a bonus copy of Van Luven’s book, “I’d Rather Scrub Toilets Than Cook! – Tips to Getting In and Out of the Kitchen Quickly,” with over fifty simple, easy, delicious recipes that are also healthy.

For those who cannot attend the live classes, there is an “on-your-own” version of the class, which includes everything the live class does; but without personal attention. All course material is provided, along with pre-recorded audio downloads of the three sessions. You can learn more about both classes at [www.youniquenutrition.com/battle\\_the\\_bulge.htm](http://www.youniquenutrition.com/battle_the_bulge.htm)

Gina Van Luven is a Health Counselor certified with the American Association of Drugless Practitioners and Columbia University, and founder of “YOUUnique Nutrition”, where she provides education and guidance on wellness to assist people in improving their quality of life. She uses a “whole person” approach encompassing diet, environment and lifestyle and has well-rounded knowledge of various holistic health practices, natural healing modalities and nutritional theories. She presents workshops and lectures to a variety of organizations on living a healthy, balanced life. Please contact her for more information at (435) 565-2062 or visit her website at [www.YOUUniqueNutrition.com](http://www.YOUUniqueNutrition.com).

###