



The Spring  
center for natural medicine

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**Dear Friends,**

Are you having trouble losing weight? There are many factors that contribute to stubborn weight; hormones, body type, stress and your overall health. I offer a free seminar each month that is designed to help you discover why you have weight issues. My next seminar will be Tuesday, June 24th. (see below for details)

In conjunction with my monthly free seminars I am excited to offer an EFT class at my home every Wednesday for 4 consecutive weeks beginning June 18th - July 9th at 7pm. EFT is the Emotional Freedom Technique and a universal healing aid I am sure most of you have heard about. This method has proven very effective for weight loss and other emotional, health and performance issues. It often works where nothing else will. For more information on this technique, visit [www.emofree.com](http://www.emofree.com)

Leading the class is Veruschka Nomandeu who is proficient in this technique. The cost for each class is \$20 and we would like for those interested to commit for the 4 consecutive classes in order to achieve the best results.

For supplements that will assist you with weight loss, visit my website [KnissMedical.com](http://KnissMedical.com)

Please email or call me to sign up for these classes or to attend the free weight loss seminar on June 24th. I look forward to working with you to help you safely lose those extra pounds and become a healthier, happier person!

Sincerely,

*Elke*

(512) 445-7373 or email [elke@knissmedical.com](mailto:elke@knissmedical.com)

### **Using EFT for Weight Loss--Why does it often work where nothing else will?**

EFT provides two remarkable benefits for weight loss that sets it apart from other methods:

- EFT Can Reduce or Eliminate Your Immediate Cravings: you may no longer need to "eat when you are not hungry."
- EFT Can Reduce or Eliminate Emotional Overeating: If you have been using food to "tranquelize" years of past emotional hurts, then you may find EFT to be your best friend. EFT can bring you more emotional peace which, in turn, can lead to more sensible eating habits. This emotional contributor, which EFT is designed to address, is the missing piece in most weight loss programs.

for more information go to: [emofree.com](http://emofree.com)

## Got Belly Fat? Having Trouble Losing Weight? Attend a Free Seminar and Find Out Why!

If diet and exercise are not working, your problem might not be what you are doing - but more of what your hormones are NOT doing.

Find out which body type you are: Thyroid, Adrenal, Ovary or Liver. Learn how HORMONES can affect weight.

Each body shape requires different solutions. **Most people are attempting to solve their weight problem without ever knowing the real cause.** Before YOU jump to the next solution-diet, diet pill, or exercise program, learn about the missing step and get an understanding of WHY you have stubborn weight in the first place.

Call to get your evaluation: 512-445-7373

### **Testimonial**

After one visit with Elke and the remedies she recommended, I felt better. I was back to full health within a few days! I now visit on a regular basis and have lost 30 lbs. and am feeling wonderful. The products she sells are of the highest quality I've known, and they WORK. The treatment is very specific, and Elke is able to find the root of the problem very quickly. I would highly recommend her services to anyone who would like to improve their health in any way.

For more testimonials go to <http://austin.citysearch.com/review/37377745>