



**An Introduction to a
New Way of Eating
and a New Way of Life**

Creating a New Way of Eating and a New Way of Life

Have You Been On A Diet Before?

Have you lost weight only to then put it all back on again?

Then a little later embarked on another diet, lost weight again & simply put it all, plus a bit more back on again?

It's demoralising and heart wrenching isn't it?

We understand completely, but sincerely believe we have a solution that could be just what you've been looking for.

But be aware, this is NOT a diet,

...It's A Way Of Life.



An Introduction

By joining us at The Mediterranean Way, we'll help you to REALLY understand why you're overweight and why in the past even if you've lost weight, you haven't been able to keep it off.

The first thing to understand is that whatever your situation,

IT'S REALLY NOT YOUR FAULT!

Either the weight you currently are, the way you think about food, or that in the past you've lost weight and then put it back on.

BUT...it IS now your responsibility to take control and to lose the weight for good. To regain your health and your life.

At the Mediterranean Way, **we will guide** and **inspire** you to do so.

We'll introduce you to **a new way of thinking & eating** that will enable you to shed the pounds and then when you've reached your ideal weight be **able to maintain it too**.

You'll notice **very** positive effects on your health too, potentially including, **lowering** blood pressure, **reducing** the risk of type 2 diabetes, heart disease, and **regaining energy and healthier looking skin**.



Creating a New Way of Eating and a New Way of Life

Eating the 'Mediterranean Way' makes the most of the very best foods on the planet. Vegetables, good quality meats, seafood, full-fat dairy, whole grains, fruit, olive oil, beans and more, to provide nourishing, tasty dishes that can be tailored to your personal taste preferences.

We will direct and support you, giving you the knowledge and skills to be able to realign your relationship with food and find balance in your life.

Week by week we will steer you through your journey to a new way of eating and a new lifestyle. We'll cover:

Knowledge

Improving your knowledge of food. **How our bodies digest** and use the food we eat, and **an awareness of the tricks food companies** use to encourage us all to part with more money, to buy **more of their products than we actually need.**

What To Eat And How To Prepare It

Delicious, **simple, easy to follow recipes.** Incorporating your favourite foods into the plan as well as new foods and meal ideas.

Mindset

Making life easier and your thoughts more **positive** around food.

Support and Guidance

Helping you develop your new life and shed the unwanted pounds - **forever.**



An Introduction

But perhaps one of the most important reasons why we do what we do is, that we've been on this exact journey ourselves and we know it works - it's helped to change not just our weight, but our lives too. We'll share more about our personal story with you over the coming weeks.

We're passionate about helping people to lose weight and feel better about themselves. To find out more about how we can help you, book your completely free, no obligation initial consultation meeting by [clicking this link](#) to select a time of your choice, or call Jacquie directly on **07711 279 367**

We look forward to speaking with you soon.



Contact Us



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