



QUANTUM WEIGHT LOSS



COURSE CREATOR



MARIA MARTINEZ

My name is Maria and I'm a Human Potential Activator, Wealth Consciousness Activator, Multi-Dimensional Healer, Energy Alchemist, Light Language Channel, Medical Intuitive, Business Success Coach & Speaker. I support people in identifying their gifts and talents, discovering their Life Purpose, accessing their full potential, and achieving Happiness, Joy, Fulfillment, and Prosperity.

About me

Through Functional Medicine principles, Maria delve deeper into identifying the root causes of her clients' challenges and stagnation.

Functional Medicine emphasizes understanding the interconnectedness of various aspects of health, including physical, emotional, and spiritual well-being. Through this approach, Maria helps her clients uncover underlying imbalances contributing to their struggles and limiting beliefs.



Utilizing Functional Medicine tools, Maria assist her clients in exploring how their words, thoughts, choices, and actions influence their reality. By empowering clients to recognize and address these influences, Maria supports them in healing themselves, releasing what no longer serves their highest good, and aligning with their Divine Path.

Furthermore, Maria's profound connection with source and higher-dimensional light beings enables her to serve as a conduit for healing energy and intuitive insights. Integrating Functional Medicine concepts into her healing processes allows Maria to offer comprehensive support for her clients' physical, emotional, and spiritual transformation.

In essence, incorporating Functional Medicine principles into her existing services, Maria deepens her impact, facilitate profound healing and transformation, and empower her clients to live joyfully, abundantly, and fulfilled lives aligned with their true potential.

WELCOME

ABOUT THE PROCESS



Our program is not just about losing weight, it's about creating a healthy and sustainable lifestyle. We will help you develop a positive relationship with your body and food, and teach you how to listen to your body's cues for hunger and fullness. You will also learn how to manage emotional eating, reduce stress, and develop a positive mindset for long term success.

The program includes a personalized approach to weight loss, focusing on nutrition, exercise, emotional balance, supplements, self-care, mindset and energetic recalibration. We believe that all of these components are crucial for achieving successful and sustainable weight loss.

It's a holistic and integrative process, acknowledging that personal growth and well-being are ongoing journeys rather than destinations. By following these steps, individuals can cultivate a vibrant and fulfilling life.



INTRODUCTION

Welcome to our Quantum Weight Loss program where we redefine the approach to shedding pounds. We understand that true transformation goes beyond mere diet and exercise—it encompasses nutrition, exercise, emotional balance, supplements, self-care, mindset, and energetic recalibration. Through this program, we guide you to reconnect with your body, fostering a deeper awareness of your relationship with yourself. By setting clear intentions and envisioning your desired results, you'll embark on a journey towards lasting change and optimal health.



Your PERSONAL DETAILS

First Name

Last Name

Address

City

Type Of Appointment

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Group

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One-on-One



What is the vision that you have for yourself?

What is the result that you desire?

What is your goal?



Fillable CHECKLIST

MORNING SELF-CARE

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NIGHT SELF-CARE

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Are you ready to kickstart your weight loss journey and discover a new path to wellness? What are your expectations?



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ENERGY CLEARING

How can clearing your energy pathways accelerate your weight loss progress and promote overall well-being?

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What nutritional strategies can you implement to support your weight loss goals and fuel your body effectively?



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What techniques can you utilize to clear stagnant energy and create space for positive transformation in your weight loss journey?



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What types of exercises align with your body and fitness goals, and how can they contribute to your weight loss efforts?



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What types of exercises align with your body and fitness goals, and how can they contribute to your weight loss efforts?

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EMOTIONAL BALANCE

How does cultivating emotional balance impact your ability to achieve sustainable weight loss and maintain overall well-being?

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How can clearing energetic blockages support your emotional well-being and contribute to your weight loss success?



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SUPPLEMENTS

What role do supplements play in optimizing your weight loss journey, and which ones are best suited to support your specific needs?

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How does energy clearing complement your supplementation regimen and enhance their effectiveness in supporting your weight loss goals?



What self-care practices are essential for nurturing your mind, body, and soul on your weight loss journey?

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How does cultivating a positive and empowering mindset influence your ability to overcome challenges and achieve lasting weight loss results?



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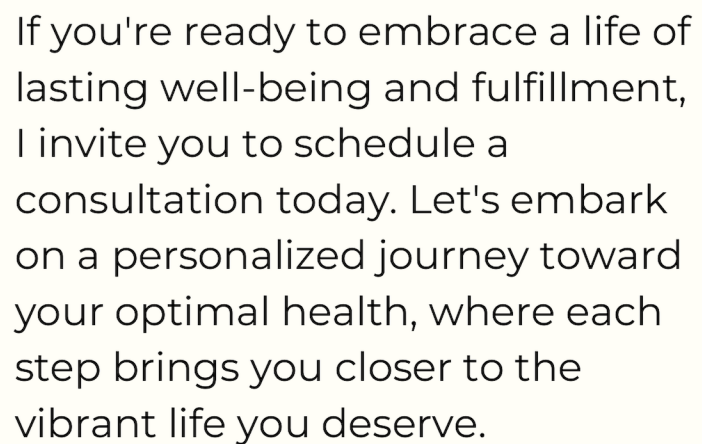
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ENERGETIC RECALIBRATION

W13 What techniques can you use to recalibrate your energy and align with the vibrational frequency of your desired weight and vitality?

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QUANTUM WEIGHT LOSS



NEED MORE INSIGHT & SUPPORT?



Connect with me via email at:

maria@excelleratedabundance.com