



*"Thanks to Emmeline's expert Coaching, I lost over 46 pounds in just 19 weeks! Whatever your goal, you can reach it easily with Emmeline's coaching. Seeking her help with my weight loss goal was the best decision I've ever made for myself. Her customized menus and valuable insight and support helped me lose the weight I wanted and then some more without feeling hungry or any lack of energy. In fact, I feel energized, vibrant, and healthy! Best of all she supported me through the whole process in a way that permanently changed my poor eating habits and how I think and feel about nutrition so I can keep the weight off for good! Taking this Journey with Emmeline's help has positively impacted my life in so many more ways than just losing weight. I feel empowered, I am more self-confident in my personal and business life, I have lots more energy and a positive attitude that allows me to live my life to its fullest potential.  
I am very grateful! Thank You Emmeline" ~ D.M. SF bay area, CA.*

Note: in March 2016, 9 months after DM reached her goal, (we have interviews check ups every 3 months during one year post-coaching) DM was stable at her healthy weight.  
She is healthy, happy, energetic, working a lot and completely in charge of her eating habits.  
I am extremely proud of her! ~ Emmeline