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Energy Movement Classes

Retreats

Spiritual Women Circle

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Inspirational Stories

Beauty is life when life unveils her holy face.  
But you are life and you are the veil.  
Beauty is eternity gazing at itself in a mirror.  
But you are eternity and you are the mirror.

*Kahlil Gibran, The Prophet  
Lebanese artist & poet in US (1883 - 1931)*

To solve the current health crisis, America needs fresh thinking. Old ways of looking at nutrition and wellness will no longer cut it. People are bombarded with information from doctors, diet experts, food companies and government agencies, **yet, as a nation, we are experiencing widespread illness and obesity.**

Something needs to change!

Just look at America's sugar addiction. According to common statistics, **each person in America consumes about 150 pounds of sugar and sweeteners every year.** As people eat more and more sugar, rates of obesity, diabetes and heart disease are climbing rapidly. Most people know that sugar is not really good for them, yet they continue eating it and continue to get sick.

Typical health experts look at this situation and say that sugar is a big problem. But you and I know that sugar is actually the **solution!**

We can see that most people are working long hours at high-pressure jobs, plus raising families and managing their bills and commitments. Few take time for pleasure and relaxation; they just get busier and more stressed out. On top of this, many eat large amounts of meat and salty snacks. **Of course the natural outcome of this high-pressure lifestyle, plus high-salt and high-protein diet, is sugar cravings.** With no other escape valve, people turn to sugar for a quick dose of pleasure and energy. Sugar is the solution to the stress of modern life. Without it, people would explode.

Very few health practitioners have this perspective on sugar and other low-quality foods, which are affecting people's health. **Until people make the connection between life quality and food quality, it is likely that our health crisis will continue.**

**At Holistic Health Studio we recognize your struggles to achieve balance in your life and maintain healthy eating habits.**

**Dr. Ester Ben-Zion has created the *BodyWave* intuitive eating program.**

*BodyWave* is a 12 week-by-week mind\*body\*soul TOTAL TRANSFORMATION program that encompasses every facet of a women's life. Her daily demands and frustrations to her wants, needs, and fears. This REVOLUTIONARY program elevates the experience of weight loss far beyond the physical! This program emphasises your unique bioindividuality and is targeted especially for your individual make up of emotions, physical strength and weaknesses and spiritual awareness. With simple steps, which are gently laid, by Dr. Ester Ben-Zion, BodyWave program effectively empowers woman to take control of their health, discover their passion, override their fears and create a life filled with joy & serenity – THIN THIGHS ARE JUST A BY-PRODUCT.

This total transformation program includes steps to living with authenticity, giving you practical tools that will enable you to look into the mirror of your life and **discover the very special person that only you can be!!!**

**Dr. Ben-Zion will give you** her top fat burning and healthy eating secrets, cooking classes, detox programs. Energy work with Chi machine to clear your charkas, meridians and pathways. LBG machine, which is great to move toxins out of your body and increase circulation and metabolism and last but not least reawaken your soul and bring out your sensual and sexual self with energy movement and trace dance.

**“This program is unlike any thing else that I’ve tried before. It will truly transform your life from the inside out” *Ilana Liliental Brodt***

To register for your free consultation, please go to – [drbenzion@holistichealthstudio.com](mailto:drbenzion@holistichealthstudio.com) or call 305-861-9383

**Don't forget to register for The *BodyWave* Detox program starting June 20th"**

for more information on this amazing 7 day program press [here](#).

HOLISTIC HEALTH STUDIO - Health Supplement Packs

Rejuvenation Pack.....\$69.00

Beauty Pack.....\$79.00

Energy Pack.....\$69.00

Complimentary Cocochia health bar with every pack

To purchase HHS health packs call 305-861-9383

Or go to [drbenzion@holistichealthstudio.com](mailto:drbenzion@holistichealthstudio.com)

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