



24 HOUR SELF CONTROL METHOD

(A Spiritually Based Nutrition Intervention)

**YOU ONLY HAVE 24 HOURS IN A DAY,
LET US TEACH YOU HOW TO USE THEM!**

The *24 Hour Self Control Method* is a personal and practical nutrition education program uniquely designed to transform your overall health status in 90 days. If you have truly accepted the terms of your health condition and are willing to do whatever it takes, let us teach you how to have and maintain well-being. By using power tools for behavior control, meal planning and physical therapies we will give you a custom blueprint for a lifestyle change.

What will you **Gain**?

- How to read and understand nutrition labels, food groups, portion control and medication distribution
- The power to prevent and control health disparities
- **Spiritual awareness and self-control of habits that threaten your present lifestyle**
- Better understanding and improvement of your overall blood work
- A healthy weight gain for the *underweight*

What will you **lose**?

- A healthy loss in Inches and pounds for the *overweight*
- Years of incorrect information that have lead you to this point
- **Generational curses of any health related problem that threatens your family**
- Frustrations due to poor organization of your present lifestyle
- Guiltiness of pleasing others and not taking care of yourself



Changing Lifestyles – One Individual, One Family, One Community at a time

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