WEIGH TO LIVE
A 10-WEEK DOCTOR-SUPERVISED COURSE TO A HEALTHIER LIFESTYLE.

LEARN TO RESOLVE:
- FATIGUE
- MOOD SWINGS
- HEADACHES/MIGRAINES
- WEIGHT MANAGEMENT
- SKIN ISSUES
- DIABETES
- HYPOGLYCEMIA
- IBS
- CONSTIPATION/DIARRHEA
- ACID REFLUX
- JOINT PAIN
- METABOLIC SYNDROME
- GI DISORDERS
- INFLAMMATORY CONDITIONS
- GENERAL QUALITY OF LIFE

Dr. Andrew Rife, N.D., M.Ed. is excited to guide you through a life-changing experience targeting aspects of nutrition and quality of life. You will be inspired by Dr. Rife’s simple and attainable approach to health. We invite you to join the class and discover foods that work well for your body and, more importantly, foods that don’t. Over this 10-week course the class will discuss patterns for eating, blood sugar management, portion and proportion control, psychological barriers around food, as well as provide a constructive outline to help you make healthy sustainable food choices. The underlying causes of most disease processes start with these crucial topics. Simply starting with food to achieve a healthier and happier lifestyle is the first step.

"The Weigh To Live class is what I have been needing for years! Through this program I have lost 80 pounds and kept it off for 6 years. It feels fantastic! I am excited to continue on this journey for the rest of my life. I know the knowledge I have been taught through the course is the right plan for me. It was inspiring to hear it is never too late to turn things around. I went through the process, and it worked. I am on a continuing path to a happier and healthier life." - Cindy C.

REGISTER TODAY!
Call: 253-503-8792
Cost: $375
Cost includes:
- Classroom hours
- 3 supplements for GI rebuild
- Lab test analysis
- Breakfast cereal & recipe
- All course materials

Choose a Day and Time:
Where: University of Puget Sound
Starts: April 12th, 2017
When: Wednesdays 7:00-8:30PM

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*Inquire about private group and corporate courses.