



## Program 'In Balance with my body-weight'

An healthy and beautiful body, more energy, no jo-jo effect!

Een persoonlijk bericht,

Are you ready to register for a transformation that can change your life in many ways and on many levels?

This message is for you, beautiful man or woman, if you recognize the following:

- ✓ You have lost the contact with yourself and your body.
- ✓ You have trouble losing weight (also kilograms body weight)
- ✓ You experience dis-balance with your body and your weight, jo-jo effect
- ✓ You can hardly say 'No' and constantly cross your own borders/lines
- ✓ You experience problems in relationships, including the relationship with yourself
- ✓ You have trouble getting yourself
- ✓ You are suffering from physical complaints such as fatigue, painful joints, shortness of breath.
- ✓ You fill up the voids with food, also called emotional food

*"If you do not take care of your health then overweight and sickness take control of you"*

I know by personal experience how you must feel right now, I have been there, and I was searching for a way to transform my life. My turning point came after I had again a period of the Jo Jo effect. I realized that food took control of my life, I could not enjoy food or was so excessive eating that it cost so much energy. Also, it was not nice to the people in my area, I always complaining about my weight, the uncertain feeling I had, the different phases, one time fat, another time slim, and again ok. I was constantly eating, losing weight, different diets and my appearance. I did not lose weight, which had an effect on my state of mind, sometimes somber and depressed. I sometimes comforted myself with food, also called emotional food. This came because I kept certain things in place, I could not communicate about it. It had everything to do with my self-esteem, which was very low because I lost the real contact with myself and could not get up to me properly, indicate borders, communicate well, etc. I had enough of my eating problem and different weight.

You no longer have to feel miserable or experience a lot of pain. Everyone can change at any time, you have a choice in everything, if you change yourself, the world changes around you! The change always starts with you. And to support you in your transformation, weight loss and healthy weight, I have a nice program for you to follow online and physically.

## Do you enjoy your life?

- ✓ Do you experience moments that you really can enjoy?
- ✓ Are you in your power?
- ✓ Do you let loose what's wrong with you?
- ✓ How is your self-esteem?
- ✓ How is the relationship with yourself?
- ✓ How is your health?

*"It's always seems impossible, until it's done!"*

## Why did I create this VIP Intensive for you?

Quite simply, it's a program to balance the metabolism. You are going to lose weight in a responsible healthy way, and you will get all the nutrients that your body needs! It's a customized program, which varies between 21 days and several months. This program can be followed in a group and also individually. The advantage of a group is that you can motivate each other, besides the stick behind the door because of the tips, the weighing moments and the help. From experience, I know that sharing experiences, getting feedback and helping each other can help a lot when anything goes less.

I often get told by customers that they want to lose weight, have physical complaints, want to do something about their health, but do not want to change much, and it should not cost too much. They do not want intricate nutrition advice and preferably results as soon as possible, so they follow one diet after another and before they know they ended up in a jo-jo phase.

**Did you know that many people are sick and overweight because they do not get enough nutrients?** Already by supplementing these nutrients in preparations in combination with healthy nutrition, the proper composition and enough water can 80% of the illnesses be eliminated.

Women in particular are so busy with work or care for the children and actually have no time to prepare a healthy meal. The choice of ready-to-eat meals and their convenience is then made quick. In addition, breakfast is often skipped due to lack of time or no appetite, the reason is often the many food / sweets of the evening before. Also literally "losing the contact with your authentic self", no longer feeling you need your food or being thirsty, unconsciously hasty, sweet or boring eating the many snacks, actually no longer knowing what is healthy and what the correct quantities. Medication can have influence on weight, getting weight through the use of certain medications or just not having a appetite, and getting a lot of weight in a short time after stopping the medication. If too many nutrients are used for too long, think about junk food, alcohol, soft drinks, too much coffee, too much carbohydrates and also little fruit and vegetables and less water, your body is out of balance soon. Your body is literally poisoned.

**Do you know that 80% of the diseases disappear through the prevention supplements and proper nutrition!**

If your body is out of balance you have little power and energy, it's a variety of complaints that can cause stress. Bad food makes it worse, the famous vicious circle. Another aspect is the amount of nutrients in our diet. The diet is no longer what it was 10 years ago, there are less and less nutrients in the products, which means we need to eat more. This applies to vegetables, fruits, fish, meat and cereals. Do you recognize yourself here too?

**This is why I offer this program to you.** YOU can make this choice now, you will quickly get results that you can apply to restore this balance.



## Why now?

You always have a choice. Now you can take a step to free yourself from excess kilo and work for a healthy future! You will experience a transformation where you can literally let go of all the ballast, the weight and the emotions associated with it. You feel good in your body, improve your contact with your true self and enjoy more of life.

This program is a great gift for yourself and the good thing is that you can take the first step today. You can find the balance in your body weight so your health and happiness will increase.

# METABOLIC PROGRAM

- Maintaining performance by reducing oxidative stress and eliminating toxins.
- Positive boost to the immune system by improving the intestinal flora
- Stenghtening of body, mind and soul.
- Changing the inner attitude
- **Additional advantages: loosing excess weight**
- **Continous success by readjusting your "memory weight".**



A healthy and beautiful body  
I love to help you in this process!

Alexandra Langeveld  
Your Balance Coach  
[www.jouwbalanscoach.nl](http://www.jouwbalanscoach.nl)



## Make your food be your medicine

### **This program consists of 4 phases:**

Phase 1. Start with the products - prepare + detox

Phase 2. Take care

Phase 3: 21 days detox and balance the metabolism

phase 4: Continue - start eating again

## **There are 2 options:**

1. A program that you only follow using the products and related information  
You get weekly guidance, this is without coaching, we do not go into the depth
2. A program that goes deeper; Incl. Products, coaching, follow up, intensive guidance.  
We go deep, exploring the roots of the problem and tackling them too!

## **How to enroll ?**

Are you wondering what you can accomplish after your first step?

APPLY HERE for a **FREE** session so I get to know you in person and together we can see what you need me to write in your program so that it is YOUR UNIQUE Program.

Simply fill in my contact form, and I will give you a call to tune into your wishes and have our first ONE on ONE conversation for FREE and no obligations.

Would you like to work this summer on your new future, if you want a weight loss of about 10 till 20 kilo, sign up today. Claim your spot and put yourself from now on to the first place.

**If you sign up before 21th of June, you even get a quick decision bonus.**

*Testimonial of Ana Llorba “*

*WOW, in 6 weeks I lost 9 kilos and still I have this weight! I had a lot of trouble with my hips, I had problems when I walk, this pain is gone now, the other complaints have disappeared, fatigue and occasional gloomy feelings. My skin is much tighter, I feel 10 years younger and that without a need of sport! The food and the program was for me very fatal, I could keep it well and had no feeling of hunger. I am now aware of my body and how I can keep it healthy. It really feels like a detox, a big cleaning, I'm so happy and thankful that I took this step.*

*Mucho Gracias Alexandra xx*

## **This program can be very interesting for you as:**

- \* You want to work for a better health
- \* You find yourself valuable to invest
- \* You are open for guidance, you are willing to actively get started with yourself
- \* Work together to realize your transformation!
- \* You go on, if there's a will, there's a way!

## **Weight what You can lose ...**

**WOMAN - 6 - 9 kilos in 21 days / 20 kilos in 12 weeks**

**MAN - 6 -12 kilos in 21 days / 20 kilos in 12 weeks**

## **This program is NOT for those who .... !!!**

- \* If you continue to complain and do nothing
- \* If you are taking responsibility outside yourself
- \* If you do not want to make time, to be busy or to have other excuses
- \* If you are having difficulty guiding you
- \* If you not want to leave your comfort zone

## **This you will receive: Value priceless !**

- ✓ **Preparing exercise “How many kilos would you like to lose weight?”**  
To make the most out of the time that we work together, it is essential that you prepare yourself and me on which area in your life you need to work. These can be physical, mental emotional. What is the cause of your misbalance and what do you need to regain back that balance.
- ✓ **Coaching sessions to transform your problem**  
We will go deeper into your weight problem and change here. By conversation and exercises we take a deeper look at your actual problem, and I will help you gain the tools you need to tackle this problem and transform it into a plan of action. I have a diversity of techniques to support you, and on the fly while we work I will provide you with that tool that is completely tailor made for you and your needs.
- ✓ **Visualisatie/ meditatie/homework**  
You get a perfect fit visualization or meditation which will help you personally restore your weight loss and maintain weight, this is your unique meditation and you can take this home with you so as long as you need and where ever you are in life, you have your transformation meditation.
- ✓ **Your materials**  
You get the documentation, recipes and other important information you need in this program
- ✓ **1 on 1 coaching**
- ✓ **My personal attention guarantee**, in case of a problem or question asked by email, I will respond within 24hrs

## **These are the results that you can get during this program**

- ✓ **Deep insight into yourself, your eating behavior and response to certain events and persons**
- ✓ **Loss of Overweight**
- ✓ **Improvement Intestinal flora and strength of body, mind and soul**
- ✓ **Moments of relaxation, let go of what is no longer yours**
- ✓ **Tips & Tools to help you with your eating habits To go for the difficult moments**
- ✓ **More energy, tips and tools to keep it**

And more.....

## **How you qualify for one of the available places for intensive guidance in the "Balance with My Body Weight" Program**

Do you feel 'Yes, this is really something for me' after reading these words?

You can't wait to really taking the first step NOW towards balance in your Body Weight?

Nothing happens without a reason and this would certainly an opportunity us to work together.

All You simply have to do is indicate below that you are interested in this and want to sign up for one of the available spots. Register does not mean that you are already authorized or you have committed yourself.

**Register for 20 minutes Interest Call VIP Intensive** ([jouwbalanscoach.nl/contact](http://jouwbalanscoach.nl/contact))

Once I have received notification of interest, we plan to speak for 20 minutes that I give you for free to be sure that you and I match and this offer to you will be the perfect decision at this time. I will contact you for a Request a call back.

Of course I'll tell you what could be the benefits to you of these program.

*Testimonial Antonio*

*"This course was actually quite easy for me. I lost 12 kilos weight in just 7 weeks. I soon felt fitter and did not bother more of the headaches I had for the cure.. My stomach is flat, my abdominal muscles begin even become visible. Previously, I was not aware what, when and how much I ate. I did not know what was the influence of coffee and alcohol, I have to say that I need less now. I also eat more vegetables and fruits and use the supplements for the time being. I noticed another difference after 2 weeks, I got more energy, I'd love to keep that.*

*I am very happy that I followed this course and can recommend anyone.*

*Alexandra thank you very much!*

### **Bonuses (with the deepening program): (minimum value € 295,00)**

✓ **1 Follow Up online Session (45 minuten)**

1 week after the VIP Intensive follows a session over the phone or Skype. After our program it's nice to have a follow-up appointment. This is important because I know people need a stick behind the door and interest whether it's still going well with food and weight. In addition, a coach session is also very nice to share the experiences of the past week and if there are any questions or problems.

✓ **Recordings of the conversations in MP3**

You can listen to your session at home over and over again.

✓ **1 Reiki treatment remotely 30 minuten** two weeks after the Program a Reiki treatment on distance, just simply relax and let me do the work!

✓ **Meditations and visualizations**

### **Finding your health and body weight begins NOW.**

**I am looking forward to your call request, just Fill in the contact form.!**

More information about the Program and / or sign up through:

I: [jouwbalanscoach.nl/contact](http://jouwbalanscoach.nl/contact) - E: [info@jouwbalanscoach.nl](mailto:info@jouwbalanscoach.nl)

Call me or leave a message:

T: ES 0034-657939635 T: NL 0031-624909568 (you can also send me a WhatsApp)

Love & Light

Alexandra Langeveld

Love & Light

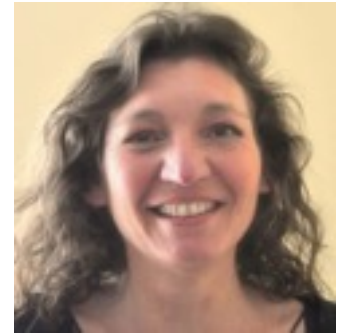
Alexandra Langeveld

AL in Balance

## Something about myself!

Alexandra means "protector." I am proud of my name because I learned to protect myself to keep me standing in difficult times. I also guide clients, adults and children, to protect themselves.

In 1968 I was born in Rotterdam, raised in the area of the famous Tulips, and after I became a mother I moved to Zeeland, and now I live and work in Spain and in summer I work on the beautiful island Schiermonnikoog in the Netherlands.



For me, every human being is unique and I believe that people can come back into balance if they know how to deal with what they feel, think and do. Past events always have an impact on the present, the point is that you learn how to deal with it.

My challenge is to look with you for your strength, so that you can begin to believe in yourself and your dreams, and that you are going to make it so much better that you feel comfortable with yourself, your surroundings and your situation.

My childhood was extremely difficult. This resulted in an **eating disorder**, a combination of **Boulimia and Anorexia**. Extremely high demands, control and perfectionism, which were by my step (parents) and then by myself too. In addition, insecurity, fear, feeling not good enough. I know like no other how it is to struggle with the weight and the problems that depend on it. It's not just the food, the weight and the complaints that result from it, there's more to be released!

I can help you here. **At the moment there are so many people who are overweight and diseases that result from unhealthy eating habits that I'm working hard for. Good nutrition is the best medicine! You are what you eat!**

Due to my positive view, strength and my immense perseverance, I am aware that I learned a lot from the situations. By allowing my vulnerability and showing to others, "I'm good enough," I achieved a lot, I now experience it as a huge force. I went from survival to life, learned to take my responsibility and go with the waves. I'm open and experiencing what brings me to life, which I am very grateful for. Nothing happens without reason.

I feel spheres and issues and will identify this and open up while others could not reach that part, I have a Unique gift of seeing right through a person very fast. I discover the truth in people, often before they even experience it themselves. I am strong and powerful and know that in combination with openness and vulnerability this can have a positive effect in the way I coach people.

My experiences I first learned from life itself, so I know how others feel and what they go through in certain situations. Understanding and empathy is needed to know what needs lay by another at that time and to build a relationship to work together to get truly somewhere and help other truly reveal their Unique power and gifts .

The courses Social Work, Social Education SPW 4 + Social Work / Educational aider I followed at the Hogeschool Zeeland: Great trainings where I learned a lot!

My knowledge and experience I have gained in both individual guidance and group work with children and adults in the ages ranging between 4 and 75 years. Often it came to learning and behavioral problems, psychiatric problems and physical limitations in both the Mental Health Care, Youth Services, Social care and protected housing. I am specialized coach for people with different pathologies, addictions, aggression and medicines. I decided to follow the training Poly Energetic Therapist at Vermeulen Education and Training in Amersfoort, because this more holistic method suits me better .

I myself went through a huge personal transformation while studying this course by dealing with some issues that were lying dormant around my soul which had not completely healed including my eating disorder, the theme of father and mother and relationships.

I also am an intuitive healer, Reiki master, Magnetiseur and Medium. Coaching, Therapy and Healing is a great combination, especially with the addition of the Healing fragrances, 100% pure essential oils and sprays. Because of this we are able to be making even more progress

Since 2014, I am Facilitator Chakracance™. I love dancing, I know the healing force of it and am very excited to share the power of "Dance in Balance". The combination of music and dance unravels any blocked energy, brings you energy, balances your chakras and makes you reach a deeper contact with your "Authentic Higher Self (I AM '.) You will be brought back in connection with the person you really are!

Meanwhile, I live and work more than two years in Spain (Costa Blanca) and in the summer I work by appointment a couple of weeks on the island Schiermonnikoog (NL). I create my own life and I am very thankful that I can guide people individually to come into balance during a program, VIP intensive day(s) and retreats, individual as a group.

When you book your sessions you can be sure that everything is covered in beautiful programs; coaching, dance, healing and therapy, all that is needed at that moment and specially adapted to your personal needs.

More information can be found at [www.jouwbalanscoach.nl](http://www.jouwbalanscoach.nl)

You also can send me an email to [info@jouwbalanscoach.nl](mailto:info@jouwbalanscoach.nl), if you like a personal talk with me leave your telephone in the email so I can call you.

Namaste, Love & Light  
Alexandra Langeveld  
AL in Balance