



Born in Israel Meira Shore has spent most of her adult life in the UK. A Serious illness encouraged her to investigate health therapies and led her to train in nutrition, naturopathy, a master NLP practitioner and certified coach with ITS and with Hypnotic World as a hypnotherapist. Meira has a background in music management and a life long interest in people and their development.

Lose inches, fat and self doubt.
Gain control, confidence, a lean
body and self-esteem.

"I went to see Meira to help me with my weight loss, I had no will power, always put off dieting and always had an excuse not to exercise. I lost weight without even thinking about it. I only wanted to eat healthy food, didn't crave sugar, and never went back for seconds, I even looked forward to going to the gym or a run! 2 years on and 40lbs lighter, I still hear Meira's voice helping me make the right choices! Meira was extremely supportive throughout and we always focused on the positive and never anything negative. I recommended Meira and the program to a few other people who had excellent results as well. If I can do it, then anyone can"
Daniela Rosello.

THE TOP 5 BENEFITS

- Fun and easy to follow
- Controls your food intake
- Creates positive new habits
- A new lifelong attitude
- Relaxing and stress free

<http://www.meirashore.com>

Weight Loss

with Hypnotherapy / NLP

A natural and effective way to help you lose weight.



Meira Shore