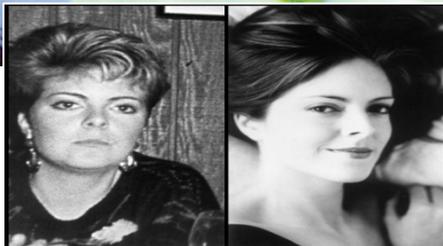


OMEGA

Rhinebeck, New York

2014



Total Transformation® Jumpstart Intensive **KAT JAMES** May 23 – 26, 2014

If you're ready to get off the body, food, and beauty merry-go-rounds and get serious about dramatic, cellular-level transformation, join award-winning author Kat James for this exclusive 3-day, Total Transformation Jumpstart Intensive.

Following in the footsteps of Kat's and countless other success stories, immerse yourself in three packed days of ideological and physical transition and shed the mindsets, toxins, and dietary myths that block your potential. Master skills that will become your most powerful allies for struggle-free weight loss, aging well, ending stubborn skin issues, and dealing with persistent health challenges.

Recapture a state of peace and clarity as you:

- Find freedom from food cravings
- Discover a little-known fat burning and energy stabilizing mechanism
- Learn delicious and "impossible" gluten- and grain-free baking techniques
- Prepare savory organic food, "decadent" desserts, and transforming elixirs
- Enjoy mini-spa and detoxifying beauty experiences
- Receive an individual coaching session and personalized regimen from Kat

This workshop is perfect for health-seekers of all ages for whom other health or diets have failed to bring deep physical harmony, improve appearance, or provide freedom from unhealthy food habits. You return home literally changed, not only in your outlook, but also in your relationship with food, the way you cook, and likely even the way you look.

For accommodations options or to REGISTER NOW, Call: 800-944- 1001

**This workshop begins Friday at 6:00 p.m. and is not recommended for vegans. Instructions for a pre-program jumpstart will be sent to you by the instructor. Tuition includes Kat's complimentary Jumpstart Product Collection, featuring food, supplement, and personal care products.*

Kat James transformed herself beyond recognition after autoimmune, eating, and liver disorders nearly took her life. Through her book, *The Truth About Beauty*, national health columns, television appearances, lectures, and international Total Transformation® programs, she's helped thousands to mastermind their own dramatic transformations. Learn more about her programs by emailing info@informedbeauty.com or call 877-54-TOTAL.

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explore more at eOmega.org or call 800.944.1001 for more information

