



E-SaW Club

ELK-Size & Weight

To lose size and weight permanently, you don't need to know more about food, or drink. You need to know more about YOU



Your E-SaW **Guaranteed Permanent** Size and Weight Reduction Programme



97% of all people who diet are bigger and heavier within 4 years.

Diets don't work because:

You're doing something you don't want to do - and sooner or later you'll get fed up with that.

Your body is actually fighting your attempts to be smaller and lighter.



This is not a diet. There's no weighing, no banned foods or drink. No guilt.

This course has come from 6 years of research. It is designed to make your size and weight loss permanent.

Always Affordable. In the UK, there is no charge.

Donations to research are appreciated.

The Guaranteed Permanent Programme includes all your tests, surveys, your meetings and your course handbooks - in fact everything - including your club membership which brings discounts and special events.

The programme features:

Biomedical Testing

These provide important information about your Personal Defended Size & Weight, and together we tailor the programme especially for you.

Pre-diabetes Test and Full Report

Your personal strategy to help you avoid Type 2 Diabetes.

Fast Size & Weight Reduction

Amazingly quick results, which you can choose to make permanent with our unique guarantee.

Fighting Your Body's Responses

Your body automatically fights your efforts to reduce your size. We call this the 'Personal Defended Size & Weight'. With the right information you can overcome this.

Your Strategy for the Guaranteed Permanent Programme

and for the rest of your life - personally planned taking into account the things you tell us about yourself - and the tests on your body chemicals.

A Mindful Meditation Course

To help you improve your concentration and awareness - not just about food, exercise and drink, but about your whole life.

Advice and Guidance about Trance Therapy


If you feel that you have habits that are going to be difficult to shake off, we will supply all the advice and support you need.

The programme has changed many peoples' lives - just some of the things featured are:

- Dispelling 100s of myths about size and weight - all the things you can now do that you thought you couldn't!
- False hungers.
- True hunger.
- Every one of us is different - so how can a diet work for everyone?
- Really understanding what your the Defended Size & Weight does.
- What our goals are.
- Fasting - does it really work - or is it a false hope?
- Coping with partners, family and friends.
- Tests you're happy to do.
- Habits.
- Not denying yourself, not trying to lose weight - just being kind to yourself.
- The art of easy journalling.
- Being an expert on yourself.
- Our emotions - and how we can make them help us.



"It's not your weight that matters - it's being how you'd like to see yourself"



"One part of me wanting us to be healthier, at the same time as another part being incredibly determined to keep the fat on, now makes perfect sense to me. And I know what to do about it."

Rupina - Current E-SaW Club member

- The one central skill needed to be the size you want to be permanently.
- How meditation changes your hunger and thirst.
- The 3 Stage Hunger Scale.
- Why the way you think about food and drink is changing so quickly.
- Strategies specifically for you.
- The many different types of hunger.
- Nourishing and depleting.
- The many different types of me.
- The Exhaustion Funnel - and how it relates to you, today.
- How contemplating changes everything.
- Focussing on your own needs.

- Reviewing the things going right for us - and the things not yet going right.
- Our beliefs about food, exercise and drink.
- How to use what you have learnt to gain a level of control you have never had before.
- Inheriting the mind and body of a hunter-gatherer - what has changed?
- Checking out remaining reasons why some things are still difficult - and strategising so they aren't.
- How others before us have created their new Personal Defended Size.
- Top tips - even we experts appreciate.

"The support has been AMAZING"

Louise - Current E-SaW Club member



Become a member today, email chats@e-saw.club or call 03000 12 24 36



E-SaW Club

ELK-Size & Weight

***A Guaranteed, Scientifically Proven, Biomedical
and Mindful Approach to Permanent Size &
Weight Loss and Diabetes Prevention***

Email: CHATS@E-SAW.CLUB

Call: 03000 12 24 36



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ELK-Health

