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Your Personal Trainer on Health, Fitness, and Nutrition

Dear Biggi,

Here is the latest monthly newsletter from your Personal Trainer Biggi. In this issue you will find:

- *Share this newsletter!*
- *And last month's winner is...*
- *What's new?*
- *UltraMetabolism*
- *Make sure to check out the sidebar for more tips, our services, and coupons.*

Share this informative newsletter with the people you care about - your family, friends, and colleagues. Just forward this e-mail to them, and remember we hold a monthly drawing for a free training session for our subscribers, plus here is a special bonus for your friends:

Between now and March 31, 2007, receive **10% off** any eCoachBiggi.com Personal Training package! Just print out this newsletter and bring it to your free consultation, which you may schedule by calling 650-278-2937 today.

(This offer does not apply to current clients! Offer applies only to 8-week packages. Offer must be presented during the initial consultation.)

If a friend has sent you this newsletter, make sure to [subscribe](#) to our list for your own copy of future issues. (To be removed from this list, see instructions at the bottom of this newsletter.)

"Our health always seems much more valuable after we lose it." - Unknown

Take small steps today:

- Grill, steam or bake instead of frying;
- Bicycle to the store instead of driving;
- Go for a half-hour walk instead of watching TV.

Services offered:

- One on one Personal Training
- Program Design
- Nutrition Coaching
- Massage Therapy
- Postural

And last month's winner is...

Every month we hold a drawing for a free Personal Training session among our subscribers. The January winner is Dianne Benyo from San Francisco. Congratulations, Dianne!

What's new?

eCoachBiggi.com finally has its own blog! I will use it to post interesting news and thoughts on health, fitness, and nutrition; and coming up shortly my experience during the 3-week detoxification program (see UltraMetabolism article in this issue).

You will be able to post comments and questions to my posts (after registering with the site, to avoid spam).

Once I dive deeper into the technical details of blogging, you will also be able to subscribe to receive my posts to the blog via e-mail.

In the meantime make sure to bookmark and visit my blog often at this address: <http://www.eCoachBiggi.com/blog>

Thank you!

UltraMetabolism

I just finished reading the book *UltraMetabolism* by Mark Hyman, M.D., and I am excited!

I am a big believer in the fact that nobody is born with a slow metabolism and we all can take steps to build and improve our individual metabolism.

UltraMetabolism shows how you can lose weight by improving the fundamental health problems that cause obesity and disease. The ideas in the book are based on nutrigenomics, which is the science of how food talks to your genes and how nutrition is related to our health.

Mark Human, M.D., is the editor in chief of *Alternative Therapies in Health and Medicine*, the most prestigious journal in the field of integrative medicine (conventional and alternative medicine combined). For ten years he was also the co-medical director at Canyon Ranch in the Berkshires, an internationally acclaimed health resort, and is now in private practice in Lenox, Massachusetts. He has published several bestselling books and audio courses.

Assessment

- Body Composition Analysis
- The Egoscue Method - Postural Therapy

Free during all sessions:

- Towels
- Water
- Fruit

For sale:

- Fitballs
- Foam Rollers
- Energy Bars and Protein Drinks

Referral Bonus

Refer a friend that spends a min. of \$350 with us and receive:

1 Free Personal Training Session or \$35 in cash!

In *UltraMetabolism* you'll learn how to program your body to automatically lose weight and regain health. The book covers the science behind many weight loss myths and explains the keys to weight loss - metabolism, appetite, stress inflammation, free radicals, energy, thyroid, and liver. It then goes on to give a prescription for nutrition (whole foods), breaking bad habits, detoxifying your system and more including recipes and shopping lists.

In answer to "I've tried everything and still can't lose weight" Dr. Hyman describes the link of toxins and obesity. Toxins are everywhere: in our environment, our food, and, of course, in our bodies. We can greatly support our body's ability to detoxify through nutrition and supplementation, and by minimizing our exposure to toxins.

Being fascinated by the contents of the book I went online to research other books by Mark Hyman, M.D., and came across *The Detox Box*. It received great reviews on Amazon and I decided to try it out myself.

My friend Robyn and I have been preparing for the past two weeks to go on this detoxification plan together and will be starting the 3-week program this Saturday, February, 24th, 2007.

The program is well-rounded, covering nutrition and supplementation as well as Yoga, contemplation, journaling, and hydrotherapy; and it does suggest to go through it with a friend or spouse.

Robyn's support really does make a difference, and we are both very excited, and I've been so motivated that I have decided to keep you posted on my experience, in hopes that one day all this "research and suffering" will be beneficial to you as well. So tune in often to my new blog, which you can find at <http://www.eCoachBiggi.com/blog>

Dr. Hyman will soon be releasing a free online video course titled the *7 Keys to UltraWellness*, in which you will be able to learn how to achieve lifelong health and vitality. I strongly encourage you to sign up for it here: <http://www.ultrawellness.com/p/?i=1>

I would also like to share the links to the book's web site <http://www.ultrametabolism.com/> as well as Dr. Hyman's site <http://www.ultrawellnesscenter.com/>

You can contact Biggi at 650-278-2937 or via e-mail at biggi@eCoachBiggi.com.

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If you would like to comment on this newsletter or have suggestions for future topics, please send e-mail to feedback@eCoachBiggi.com.

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