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DR. NANCY'S

WHOLISTIC, WEIGHT LOSS,
WELLNESS MADE SIMPLE



25 WHOLISTIC WEIGHT LOSS TIPS

“If you want to learn more
about health then this book will
provide insights to help you!”

James Malinchak

featured on ABC's Hit TV
show, “Secret Millionaire”,

DR. NANCY J. WILLIAMS

Wholistic Doctor, Weight Loss Expert, Speaker, Self-Growth Coach

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TESTIMONIALS

What other saying about Dr. Nancy.

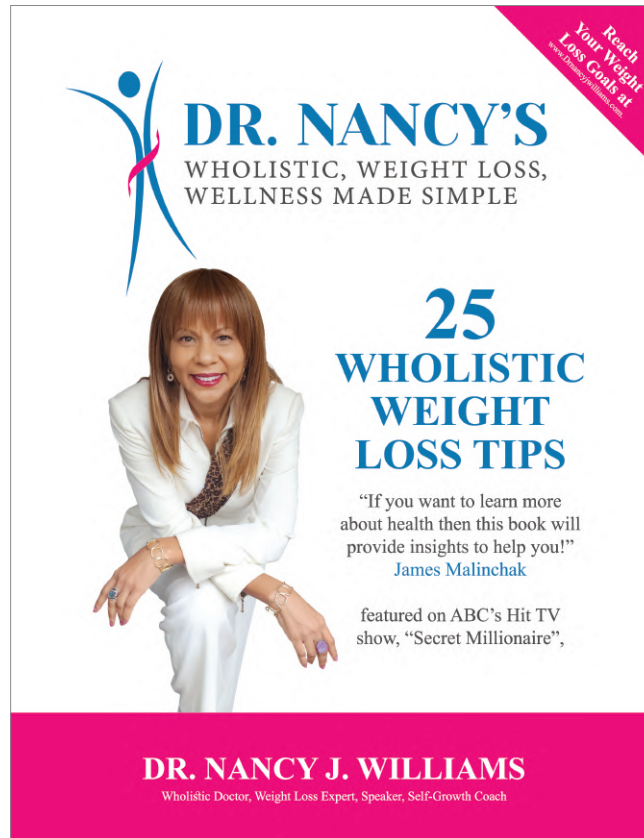
1. Not only did this workshop show how to effectively heal the body, I was amazed at the amount of spiritual healing and information given. C. Dyer
2. This Workshop really opened my eyes to juicing and having a more positive attitude. Being able to make small changes is going to make a hug change to my outcome. C. Small
3. I know my life will be changed by applying the knowledge I gained here. Dr. Nancy is a God-Sent. M. Ray
4. This workshop helped answer questions that will assist me with my “Lifestyle Changes”. Dr. Nancy was insightful, informative, relatable and inspirational. I am eternally grateful. M. Moore.
5. The information was great. The interaction kept the group engaged. The delivery was excellent. The food was great. Ervie M.
6. This session was enlightening and confirmation. E. Washington
7. Thank you for your openness and transparency. F. Doyle
8. Focus on the mind, body, spirit is what I need right now. Dr. Nancy has been great! Please bring her back next year.
9. One of the most dynamic workshops that I’ve attended in over 10 years. Keep up the great work Nancy. Jeffrey W.
10. This was an excellent workshop. I didn’t want it to end. Shirley S.
11. Outstanding Presentation that help others change their lives...Deborah
12. Seeing how passionate and knowledgeable Dr. Williams is was very refreshing. T. Hill
13. I truly enjoyed all the information that was given. It really opened up my eyes to things that cause me stress. P. Jackson
14. This class really helped me. I have a lot of stress from my job and family. Thank you so much for this course. The info you have provided today will help change and improve my life and the lives of my co-workers friends and family. P. Paterson
15. I like the presentation it was very helpful and it proved good fact based knowledge on the healing of the body. Unknown, FAA Headquarters
16. The information on stress, the testimony, information and data, I will use the rest of my life. Thanks for your time and this great training. T. Johnson

17. Very Inspirational and informative. D. Thompson
18. You touched on some very important issues in my life. F. Singleton
19. The sincerity and energy you gave throughout the presentations was equally valuable to the valuable and educational information you shared. God Bless. Unknown
20. Thank you for Being. Thomas F.
21. Lord, Thank you for Dr. Nancy. Excellent Workshop. FAA/NBCFAE
22. You opened up my eyes. A. Brooks
23. The greatest course I have taken to date and I have suggested that many of my loved ones should experience. M. McCrary
24. There is so much Peace and Love here. K. Jones
25. The Full Body Wellness Program and Raindrop Therapy have addressed my health concerns in a holistic way that touches on my physical, mental, spiritual, emotional and energetic healing. Since starting the program I have more energy, clarity, balance, inner strength and a more positive outlook on life. L. Bryant
26. Great!! Awesome Job. You made me love you. Thank you. F. Gary
27. Excellent presentation. This was truly an eye opener to holistic living. ATO
28. I found the discussion on stress and toxicity helpful and intend to incorporate these practices into my daily life. FAA participant
29. Excellent! I recommend that the workshop be conducted in other FAA settings, as well as private organizations. M. Harris
30. Long over-do. If I know this, I might be in better shape. I. Brown
31. AWESOME! N.Chappelle
32. Excellent Presentation!!! Eric B.
33. Thank you Dr. Nancy for your care of people and having a spirit of giving back. God bless you always! B. Keene
34. It was very informative. I'll take the detoxing information with me. OSG
35. Thank you for putting your heart and soul into this presentation. Wanda. E.
36. I appreciate the information shared on diet, detox and stress reduction. C. Hall

37. I learned some very important facts about my poor eating habits and the relationship to toxicity. I really plan to make some changes. Marcus B.
38. Dr. Nancy, this information was so remarkable and much needed. B. Griffin
39. This workshop was very informative. It was also well presented. S. Mayes
40. I want to say "Thank you". J. Simmons
41. I just would like to commend you for being such an advocate of such knowledge that has been so graciously shared. D. Lacy
42. This workshop was informative and helpful. The interaction was great. Kimberly
43. Thank God for you!! S. Stevenson
44. I have learned so much in this workshop today. Thank you Dr. Nancy for all u do to help us get health and stay healthy. M. Newell
45. I enjoyed the seminar. Thank you for the time you took to educate us. It was very refreshing and knowledgeable. M. Gilbert

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Dedication

God said, “Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over [a]all the Earth and over every creeping thing that creeps on the Earth.”

So, God created man in His own image; in the image of God, He created man, male and female. He created them.

Then God blessed them, and God said to them, “Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that [b]moves on the Earth.” (Genesis 1:26-28)

I dedicate this book to the Highest God of the Heavens; The God of Abraham, Isaac, and Israel, The Mother of Nations, and to the King of kings.

25 WHOLISTIC WEIGHT LOSS TIPS



Set realistic and achievable goals: Start with small, attainable goals to stay motivated and track your progress.



Create a balanced and nutritious meal plan: Focus on incorporating whole foods, lean proteins, fruits, vegetables, and whole grains into your meals.



Incorporate regular physical activity into your routine: Aim for at least 150 minutes of moderate- intensity exercise per week, such as brisk walking or cycling.



Stay hydrated by drinking plenty of water: Water helps with digestion, curbs hunger, and keeps you hydrated throughout the day.



Practice portion control to manage calorie intake: Use smaller plates and be mindful of serving sizes to avoid overeating.



Include more fruits and vegetables in your diet: They are low in calories and high in nutrients, helping you feel full and satisfied.



Limit your consumption of sugary and processed foods: These foods are often high in calories and low in nutritional value.



Get enough sleep to support your weight loss efforts: Lack of sleep can disrupt hormones that regulate appetite, leading to increased cravings.



Keep a food journal to track your eating habits: This helps you become aware of your food choices and identify areas for improvement.



Find healthy alternatives to your favorite unhealthy foods: Look for lower-calorie options or experiment with healthier cooking methods.



Practice mindful eating to avoid overeating: Pay attention to your body's hunger and fullness cues while eating.



Stay consistent with your exercise routine: Regular exercise helps burn calories, build muscle, and improve overall fitness.



Find an exercise you enjoy to stay motivated: Choose activities that you genuinely enjoy to make exercise a sustainable habit.



Seek support from friends, family, or a weight loss community:
Having a support system can provide encouragement and
accountability.



Avoid skipping meals, especially breakfast: Skipping meals can lead to overeating later in the day and disrupt your metabolism.



Limit your alcohol intake as it can hinder weight loss:
Alcoholic beverages are often high in calories and can lower
inhibitions, leading to poor food choices.



Manage stress levels through relaxation techniques: Stress can trigger emotional eating, so find healthy ways to manage stress, such as meditation or yoga.



Incorporate strength training exercises to build muscle:
Building muscle helps increase metabolism and burn more
calories.



Stay accountable by tracking your progress: Use apps or journals to monitor your weight, measurements, and exercise routines.



Avoid late-night snacking: Late-night snacking can add unnecessary calories, so try to establish a cut-off time for eating.



Practice portion control when eating out: Restaurant portions are often larger, so consider sharing a meal or asking for a to-go box.



Stay positive and celebrate small victories along the way:
Recognize and reward yourself for achieving milestones, no
matter how small.



Avoid comparing your progress to others: Everyone's weight loss journey is unique, so focus on your own progress and goals.



Stay patient, as weight loss takes time and effort: Sustainable weight loss is a gradual process, so be patient and persistent.

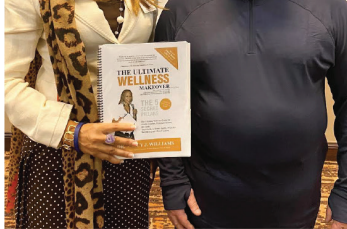


Remember to love and take care of yourself throughout the journey: Prioritize self-care, practice self-compassion, and embrace a positive mindset.

Acknowledgment

I acknowledge and give thanks & gratitude for ALL the Kingdom Builders; Seer's, Light Workers, High Priest & Priestess, Sages, Ancient Ones, Apostles, Prophets, Evangelist, Pastors, Teachers, brothers and sisters of the Kingdom and ALL those Life Forms of the Kingdom of God who is fulfilling the prophecy by doing the "Will and Work" of the Kingdom. ALL those who have come before me, those who live with me, and those who will come after me. Thank you for your "Trail of Light." We have Victory!







25 WEIGHT LOSS TIPS TO HELP YOU REACH YOUR WEIGHT LOSS GOALS.

www.freegiftfromdrnancy.com

ABOUT DR. NANCY

Born in the beautiful city of Kansas City, MO. Dr. Nancy was raised in the inner city, which was widely considered Middle Class. Being a sports lover, she played basketball, ran track, and made Volleyball her 1st love in high school and part of college. Graduated in Business Leisure Management, she continued her education and became a Doctor of Wholistic Ministry. Along with being a certified Natural Health & Lifestyle Professional, a Certified Life Coach, and Nutritionist, she is also the co-author of CALM: Workplace Stress Reduction Workbook and developer of Dr. Nancy's Body Soul Essentials All-Natural Rub-On Herbal Medicine Ointments and Chakra Aroma-Therapy sold online and in health stores, spas and gift stores. www.Drnancyjwilliams.com



Dr. Nancy spent 20 years as an Air Traffic Controller and became the first Black American Woman certified as an Air Traffic Control Specialist at the nation's busiest airport Atlanta Hartsfield-Jackson International Airport in Atlanta, GA. Dr. Nancy is also the founder and organizer of the Veterans in Pain Project, where she helps veterans relieve their daily pain. In addition, she operates Wholistic Essential Retreats, leads hikes at Arabia Mountain National Heritage Area, and has been recognized by the Atlanta Business League, Spelman College, and the former mayor of Atlanta, Shirley Franklin as a role model community leader. After studying at several places with many completions, degrees, awards, and certifications, she is considered by some people as a professional student of self-development and life itself.

Mother of a beautiful son named "David" and a family Belgian Malinois dog "Crystal". Dr. Nancy believes that overcoming stress, seeking self-awareness, freedom from sickness, and creating a pathway to discover your true purpose are the foundations for change. She enjoys Peace and Solitude, spending time with her Family, Traveling, Reading, Cultural Exposures, Bowling, Self-Development, and importantly, BEACH LIFE!

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Transform Your Mind, Body and Life...

Simple and straight-forward. Dr. Nancy's practical advice has the ability to change your life. Weston Lyon, author of 20+ books and founder of Plug and Play Publishing.

Thank you so much DR. NANCY for your personal and professional GROWTH COACHING. It not only impacted and changed my business but my life as well. Abundant Success to you in all your endeavors. Dr. Tracey J. Johnson

Not only did this workshop show how to effectively heal the body, I was amazed at the amount of spiritual healing and information given. C. Dyer

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Thank you for your openness and transparency. F. Doyle

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