

# **Annette Sym can discuss these topics and many more:**

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- **Low fat food is delicious**
- **Obesity in kids**
- **Yo-Yo Dieting – Breaking the habit of emotional eating**
- **28 Day Weight Loss Plan**
- **GI Index (Glycemic Index)**
- **Keeping the weight off**
  - **Annette has kept 70 lbs. off for 17 years!**
- **Why you SHOULDN'T diet!**
- **Healthy ways to react to food—Learning to lose weight normally**
  - **Not on diets such as the raw food diet, the toast and scrambled egg diet or the liquid only diet!**
- **Diabetic Friendly Recipes**
- **Apple Sauce and Baking Soda—alternatives to butter and oil**
- **Take a chance—Go for it!**
  - **Annette is one of the top 30 entrepreneurs in Australia**
- **How to start a home-based business with no LOAN**
- **Learning to cook at home again—with the recession many Americans are eating out less**
- **Tiger Woods Foundation**

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