

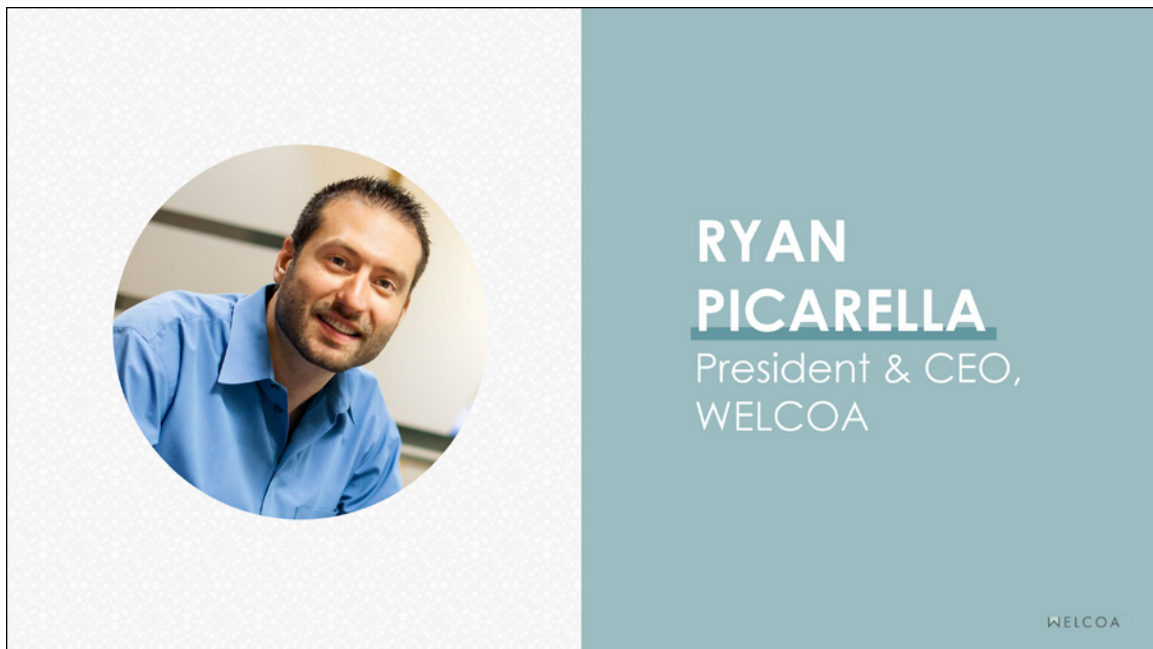
# PPN Webinar – A Crazy Hungarian Doctor and the Solution to Weight Loss

*Diana Fleming, PhD, LDN - Director of Nutrition Services - Full Plate Living*

*Ricky Seiler, Employer Network Manager - Full Plate Living*



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A WELCOA PREMIER PROVIDER NETWORK WEBINAR WITH



A Crazy Hungarian Doctor and the Solution to Weight Loss

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**DIANA FLEMING, PHD, LDN**  
Director of Nutrition Services,  
Full Plate Living

**RICKY SEILER**  
Employer Network Manager,  
Full Plate Living

WELCOA\*

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## A Crazy Hungarian Doctor and the Solution to Weight Loss

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**Author, Teacher, Coach**

**Dr. Diana Fleming, PhD, LDN**

Director of Nutrition at Full Plate Living

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The screenshot shows the Diet Business Watch website. The logo is "DIET BUSINESS WATCH" with "POWERED BY MARKETDATA ENTERPRISES" below it. The phone number is (813) 971-8080 and the address is 7210 Wareham Drive, Tampa, FL 33647. The navigation menu includes Home, About Us, News, Market Research Reports, Videos & Teleseminars, Consulting, and Contacts. The breadcrumb trail is Home | News | U.S. Weight Loss Market Hits \$66 Billion - New Marketdata Report. The main content area has a date of May 3, 2017 and a title "U.S. Weight Loss & Diet Control Market". The text describes a biennial report by Marketdata Enterprises, priced at \$1,895. A search bar and a "search" button are visible on the right. A "CONTACT" link is at the bottom right.

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This screenshot is identical to the one above, but with a large white rectangular box overlaid in the center of the page. The box contains the text "\$66,300,000,000" in a large, bold, black font. The rest of the website content, including the logo, navigation, and article text, is visible behind the box.

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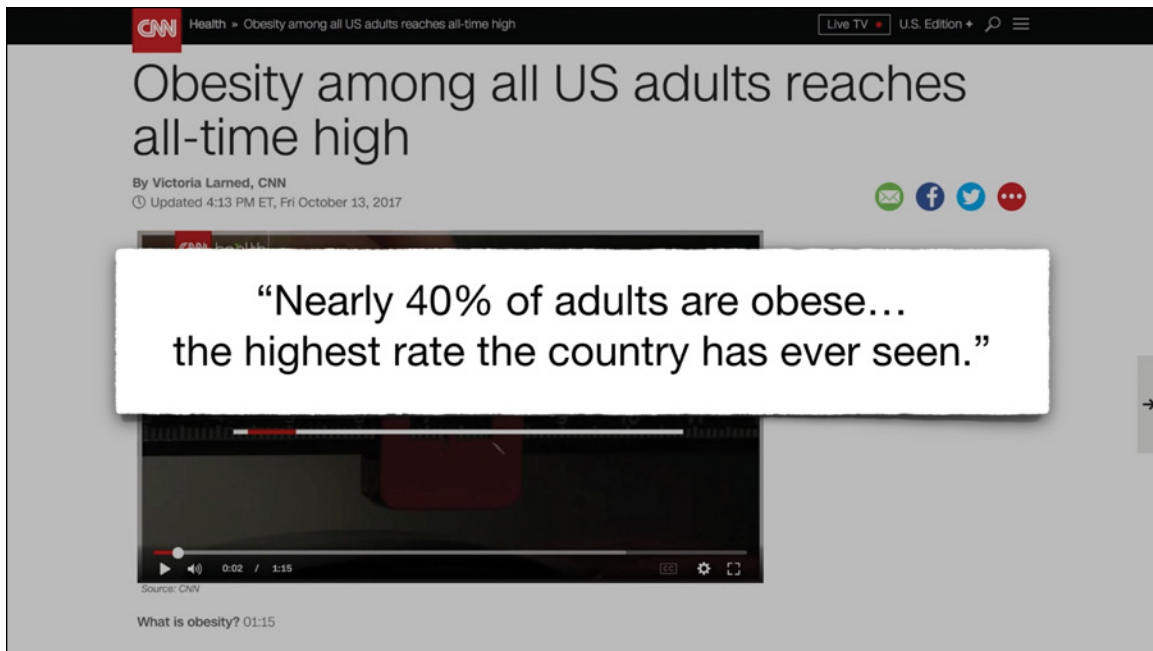
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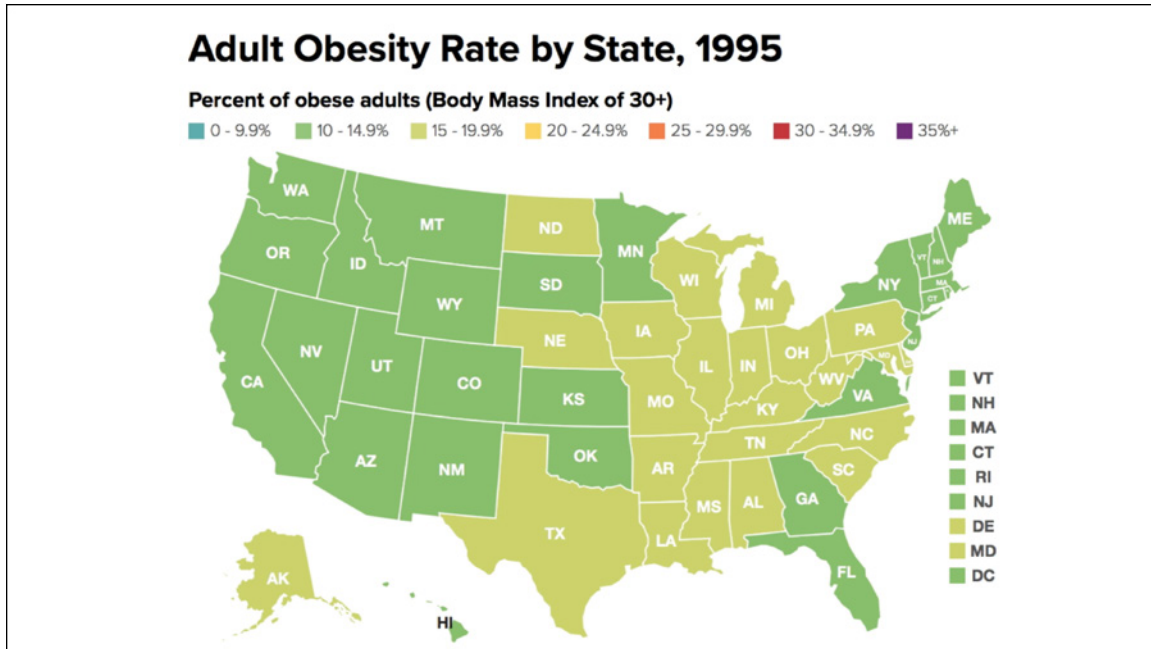


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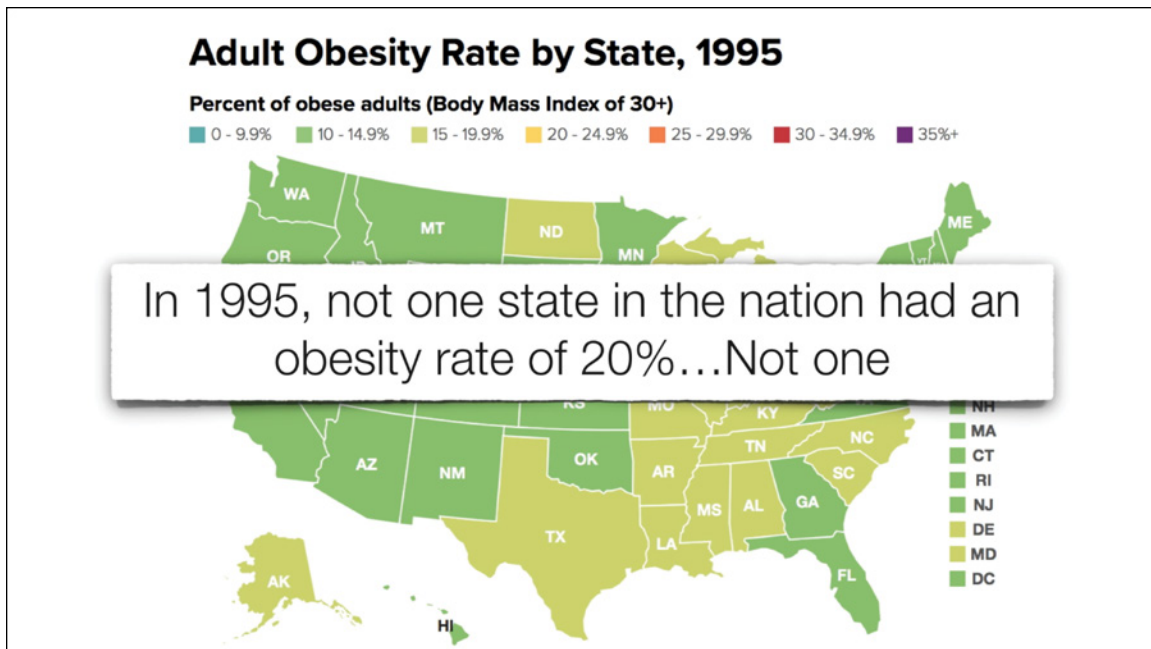
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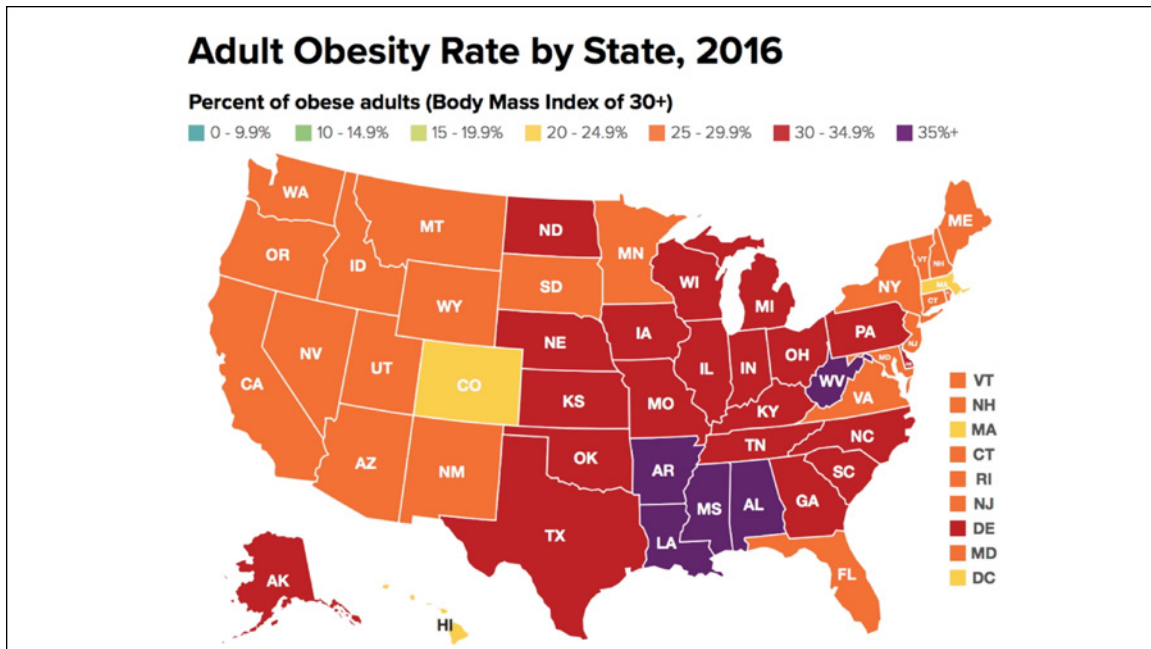
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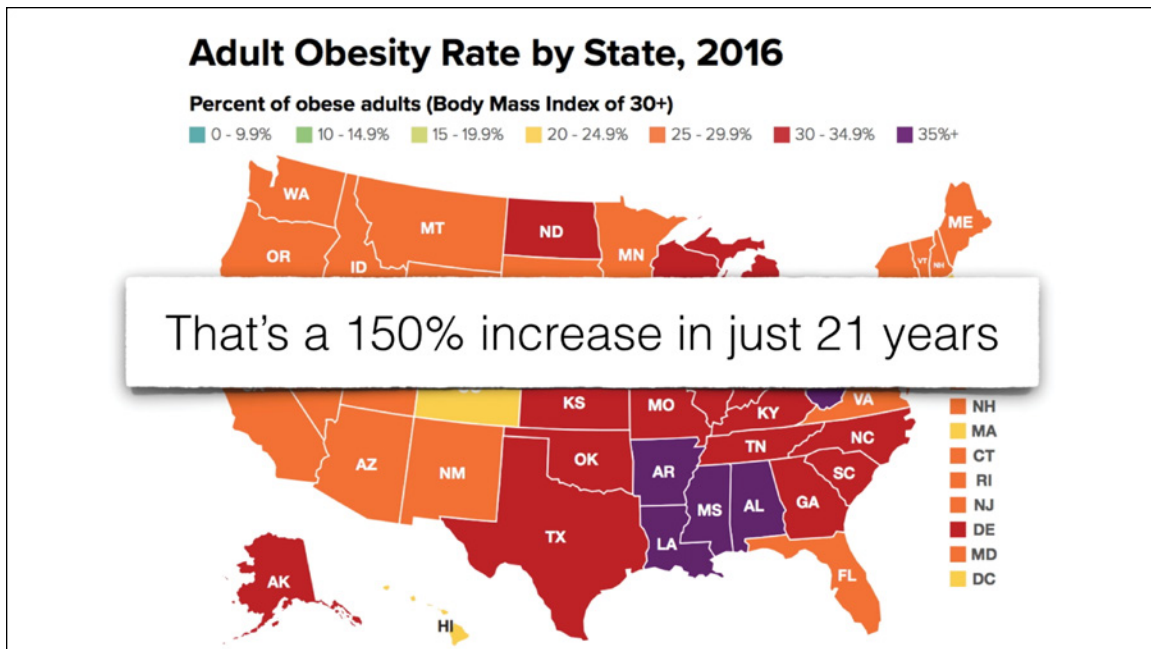
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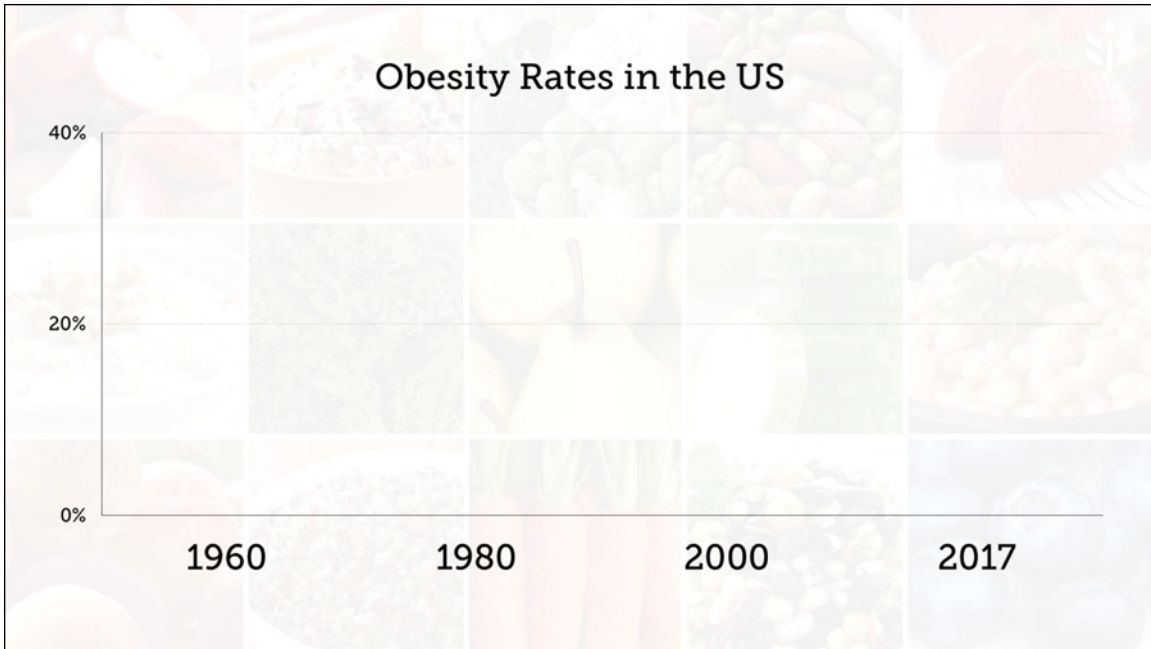


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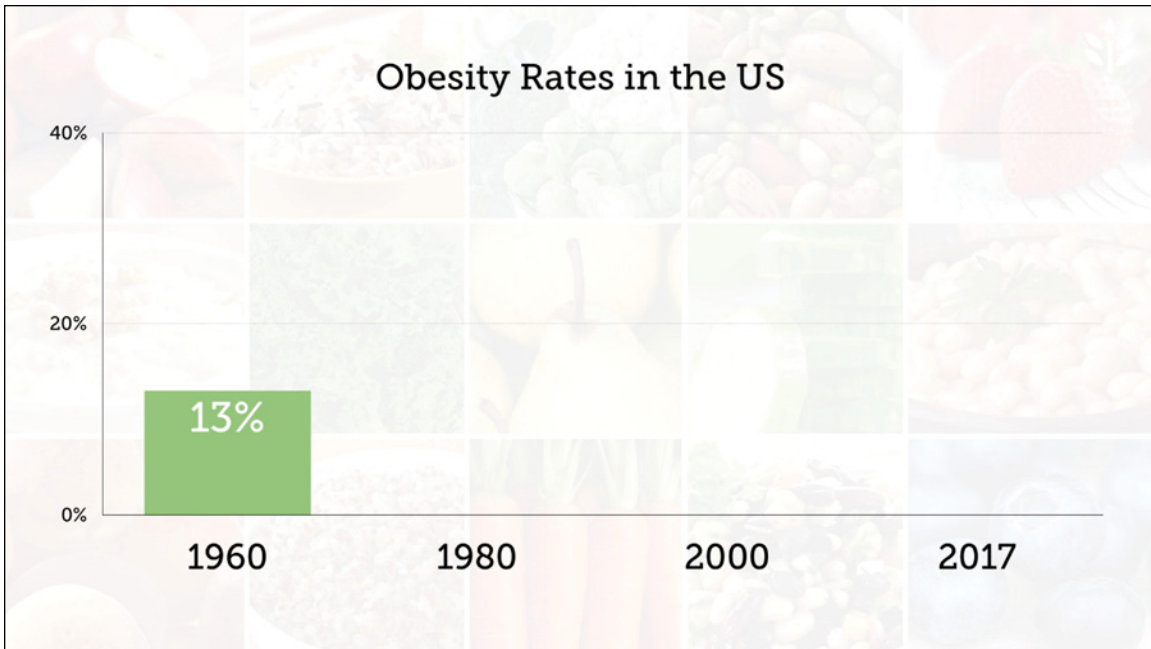
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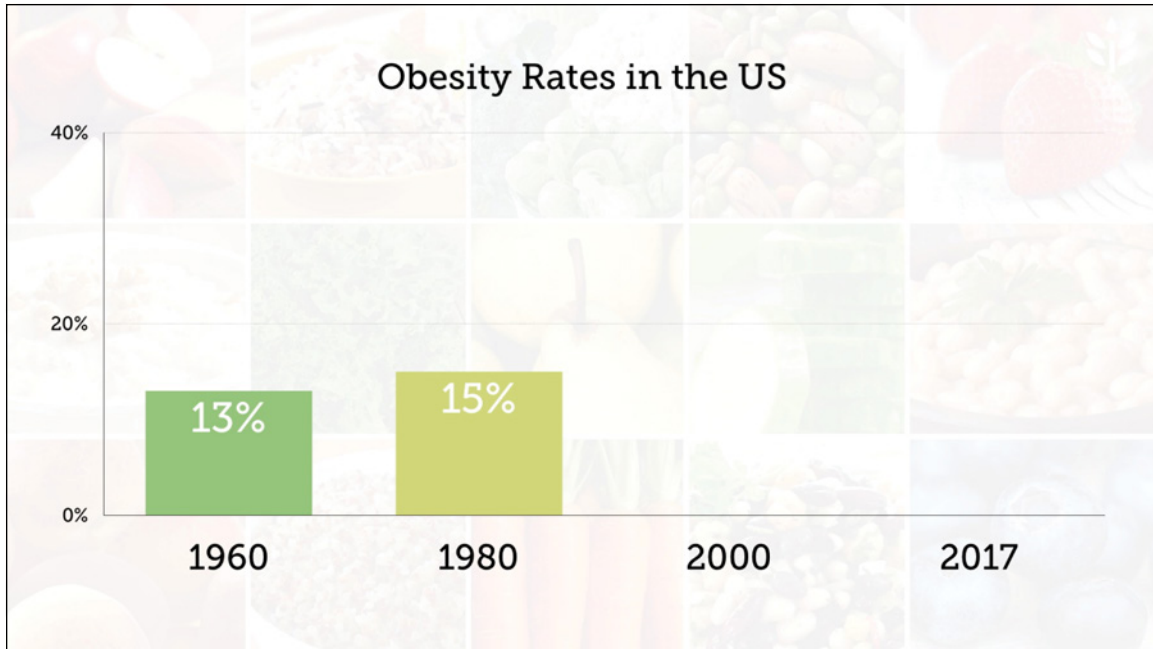


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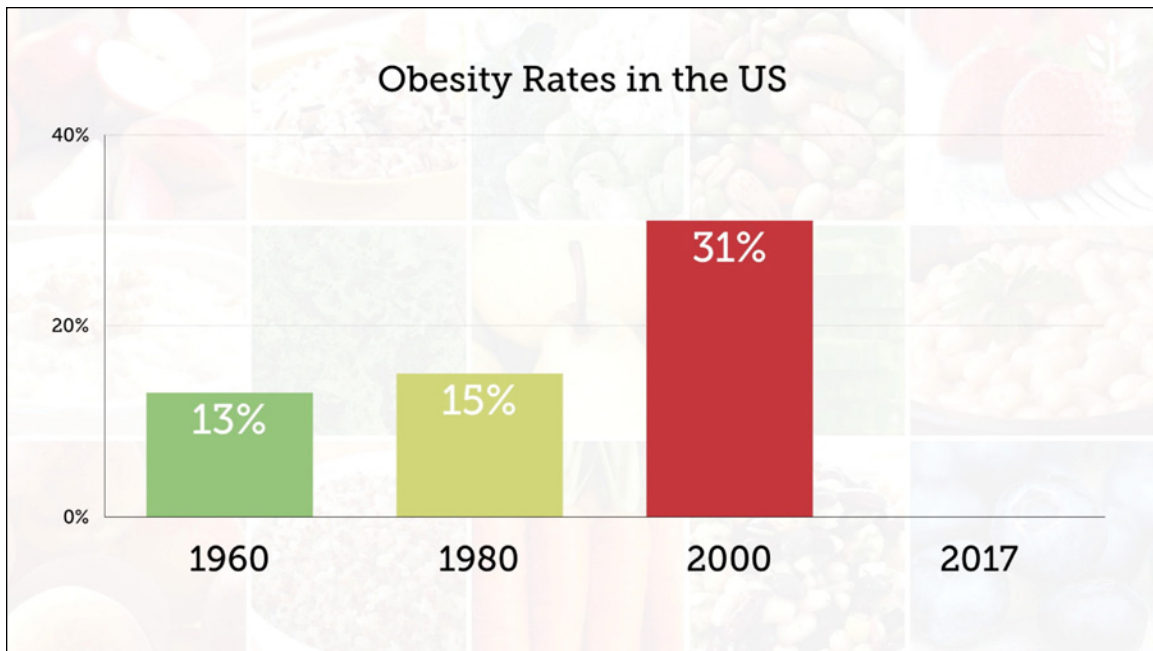
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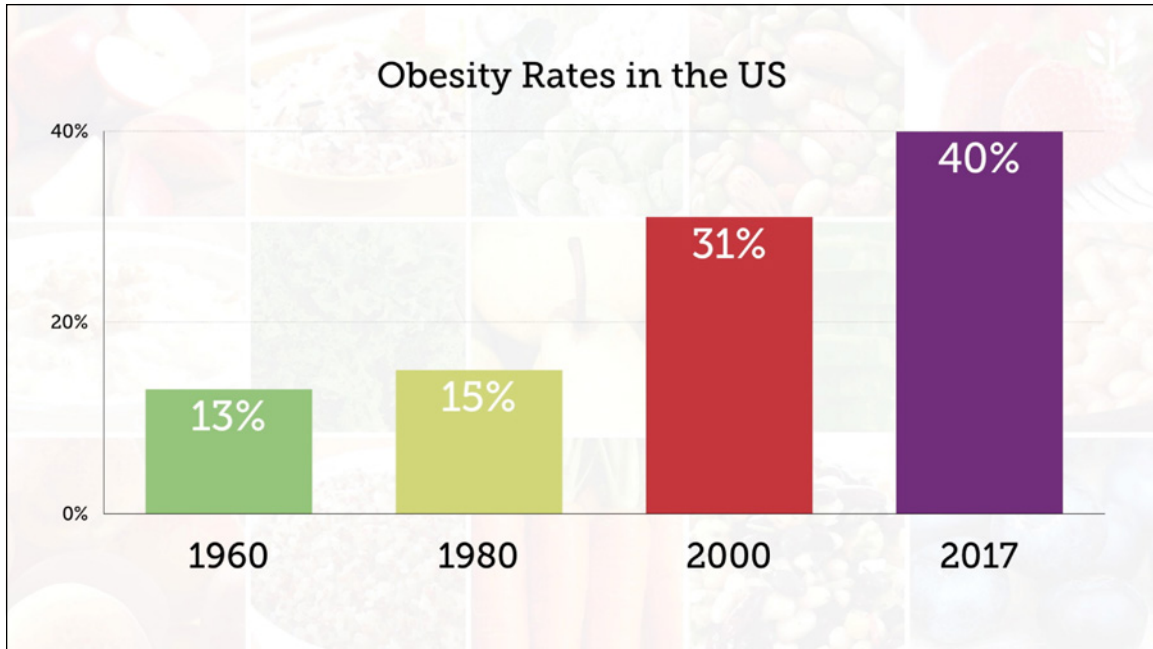


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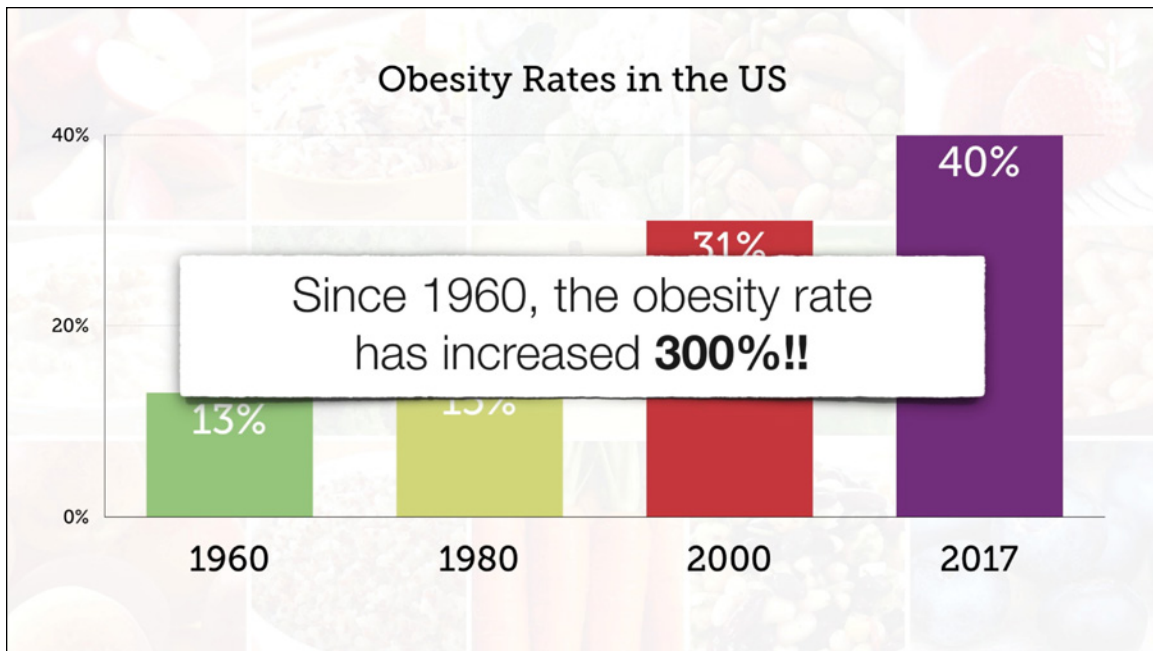
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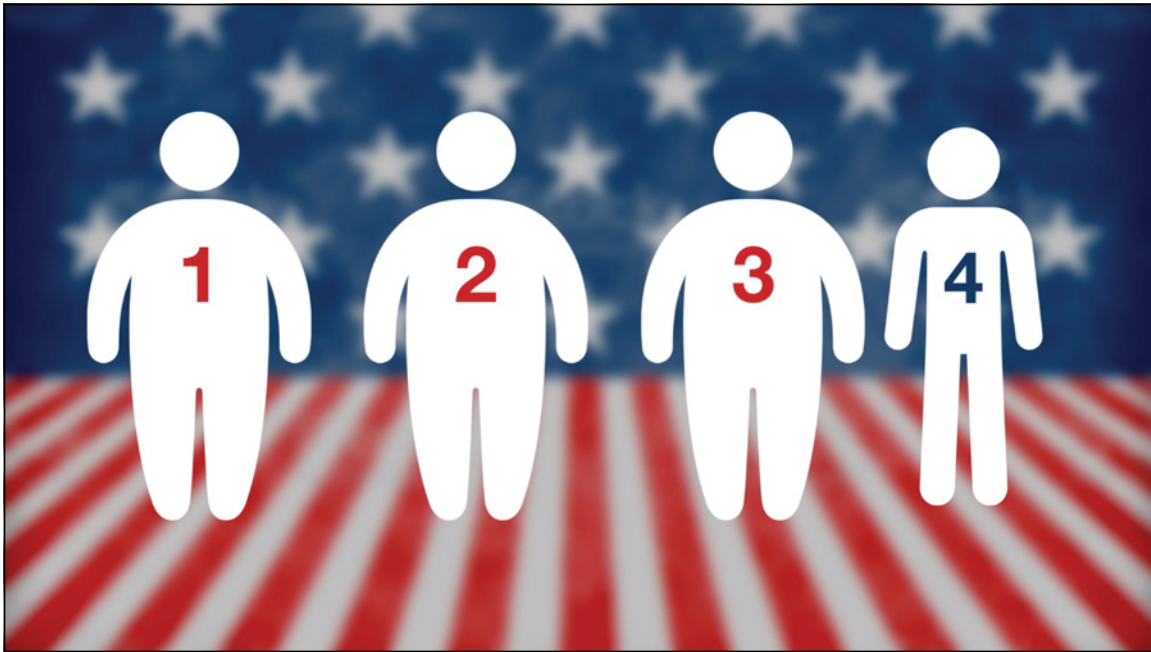


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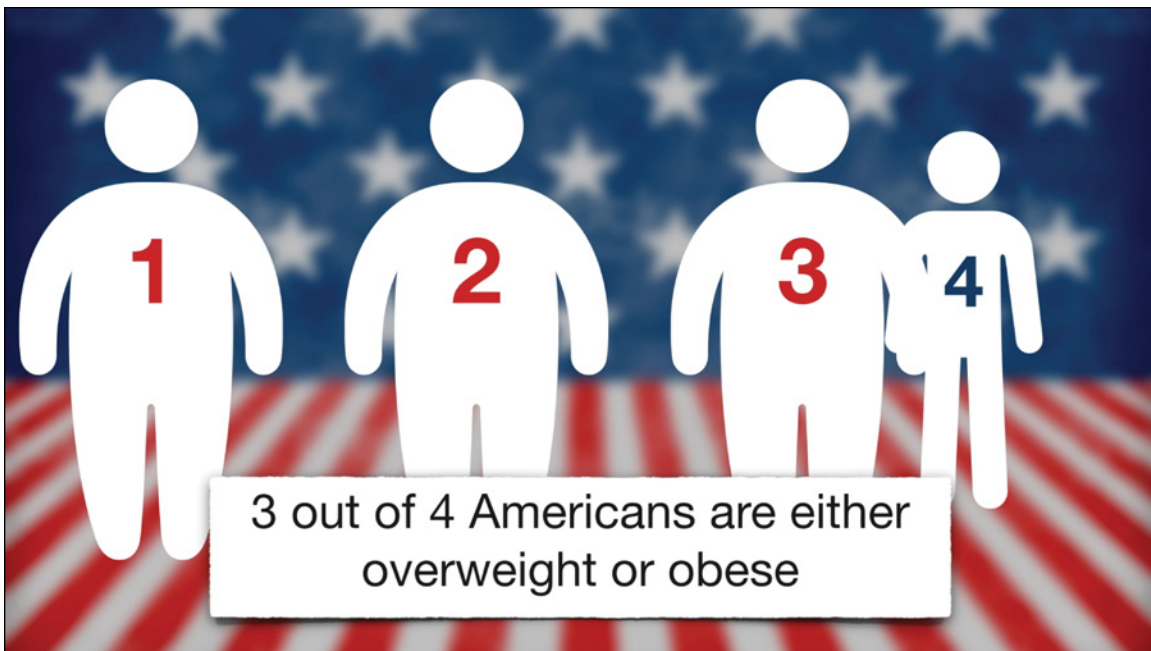
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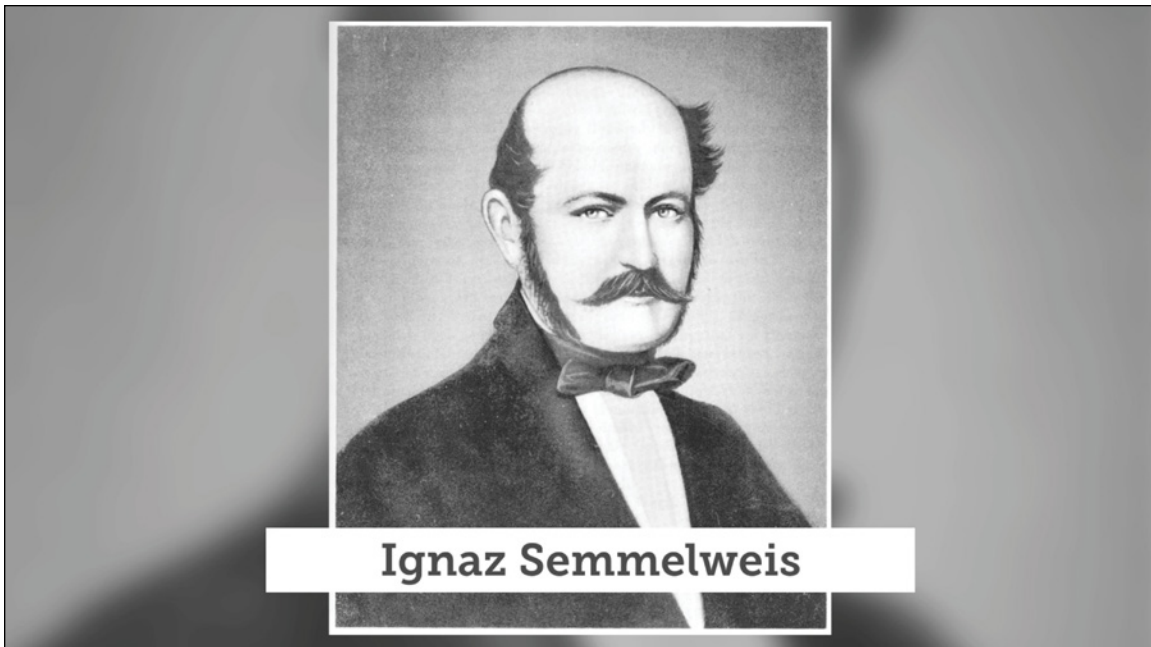
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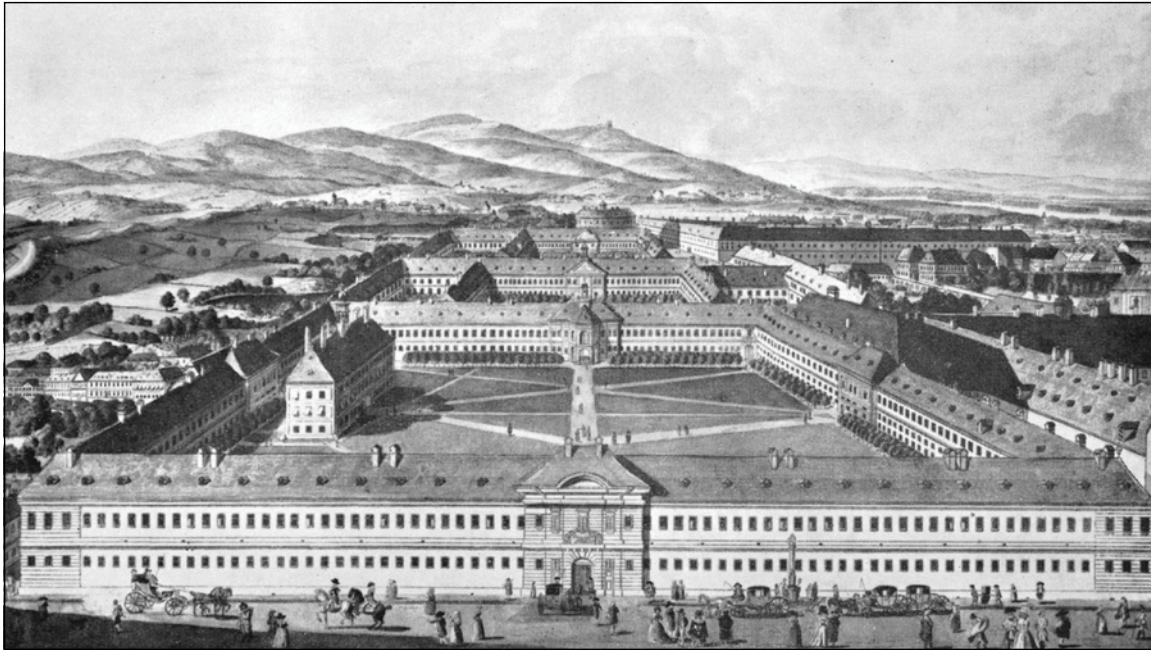


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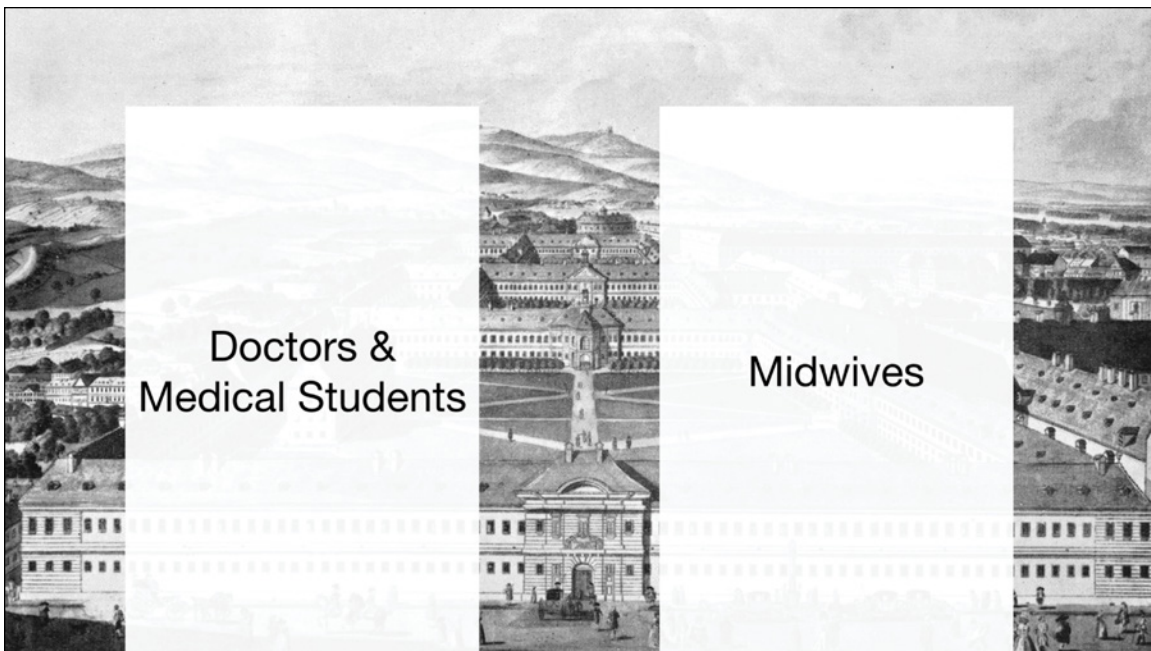
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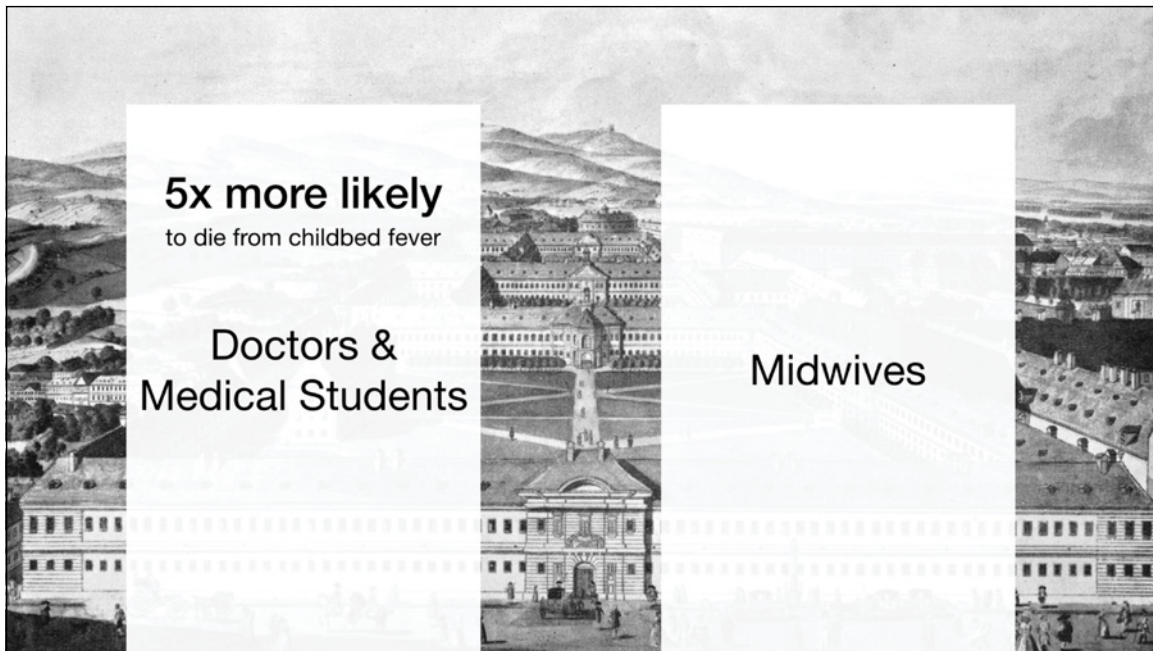


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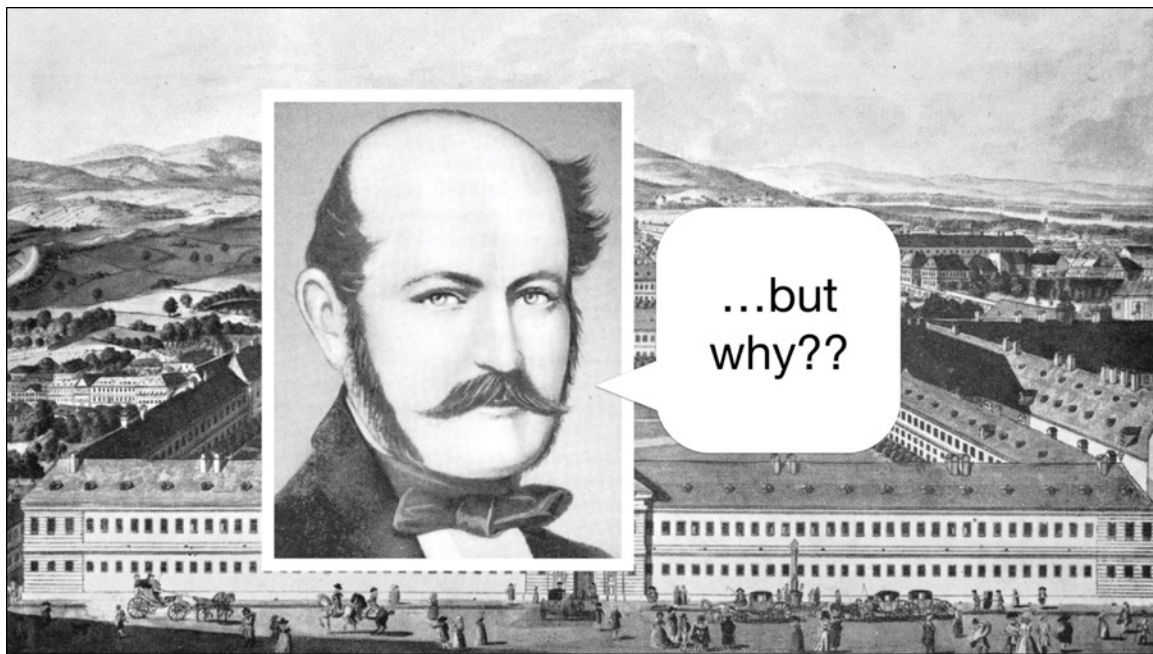
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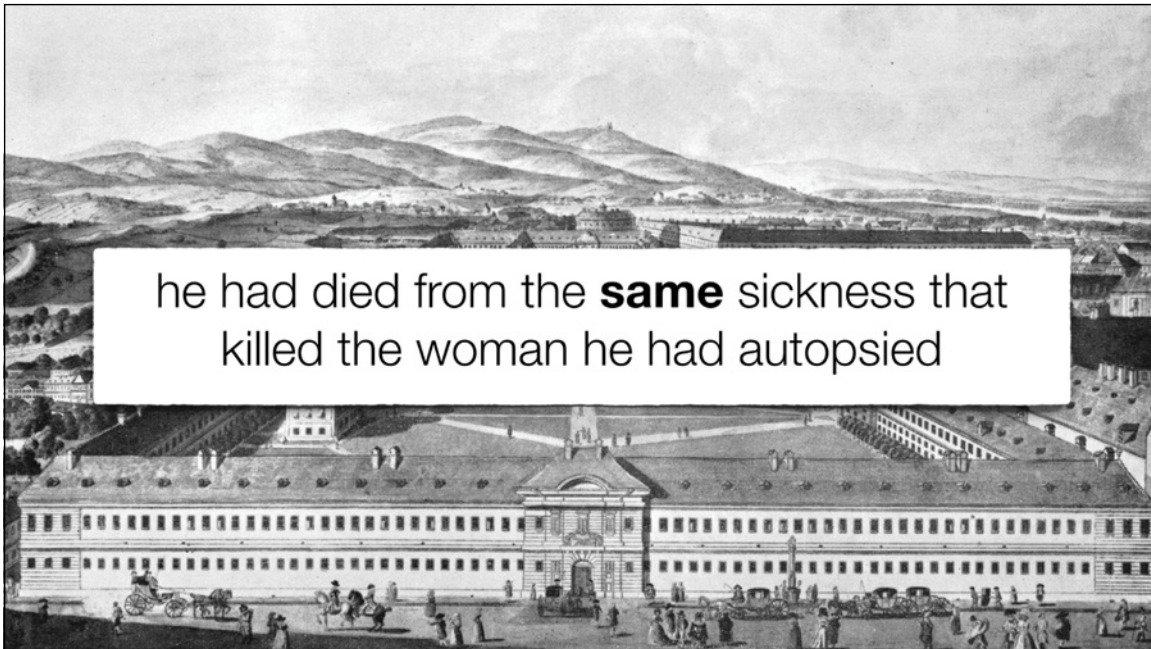
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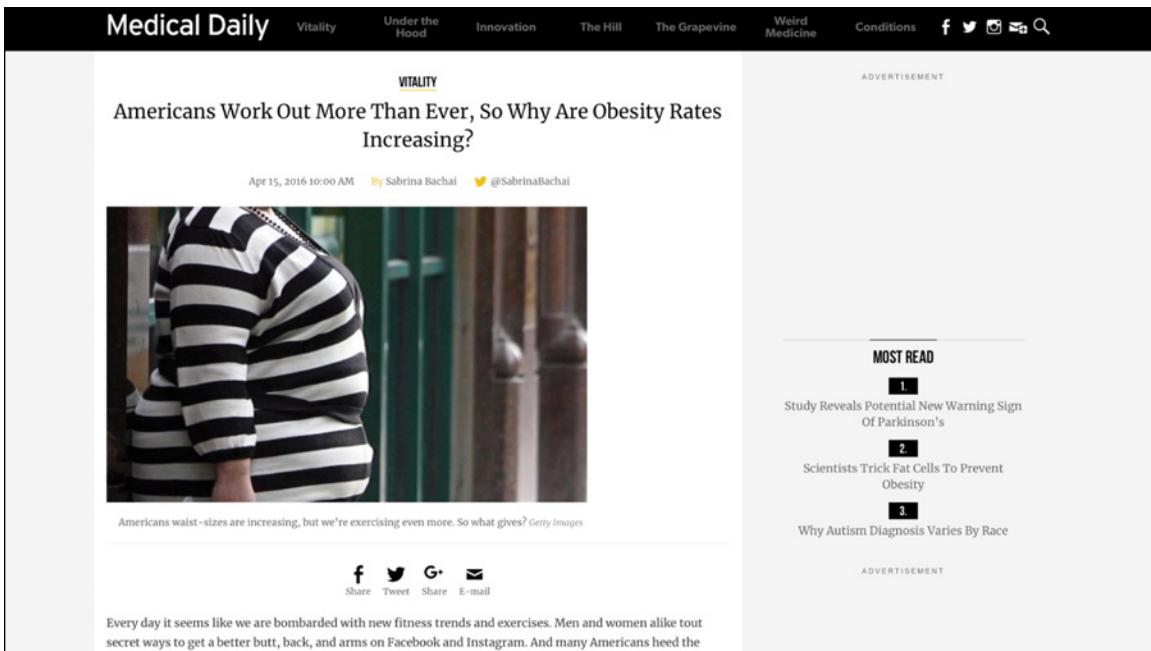
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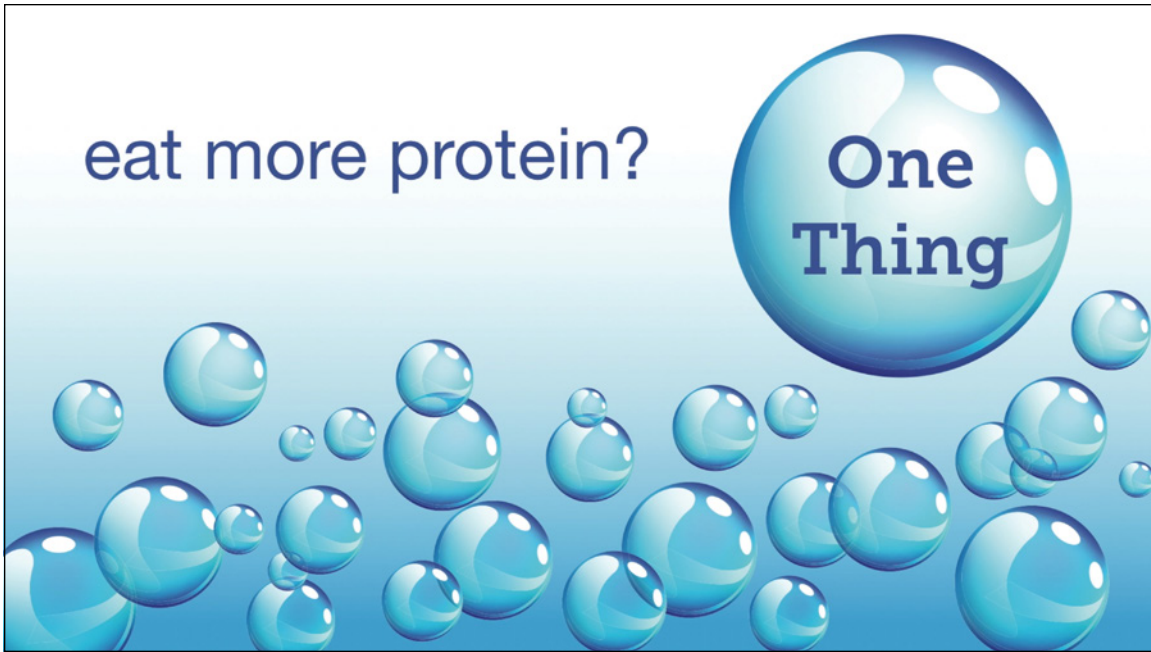


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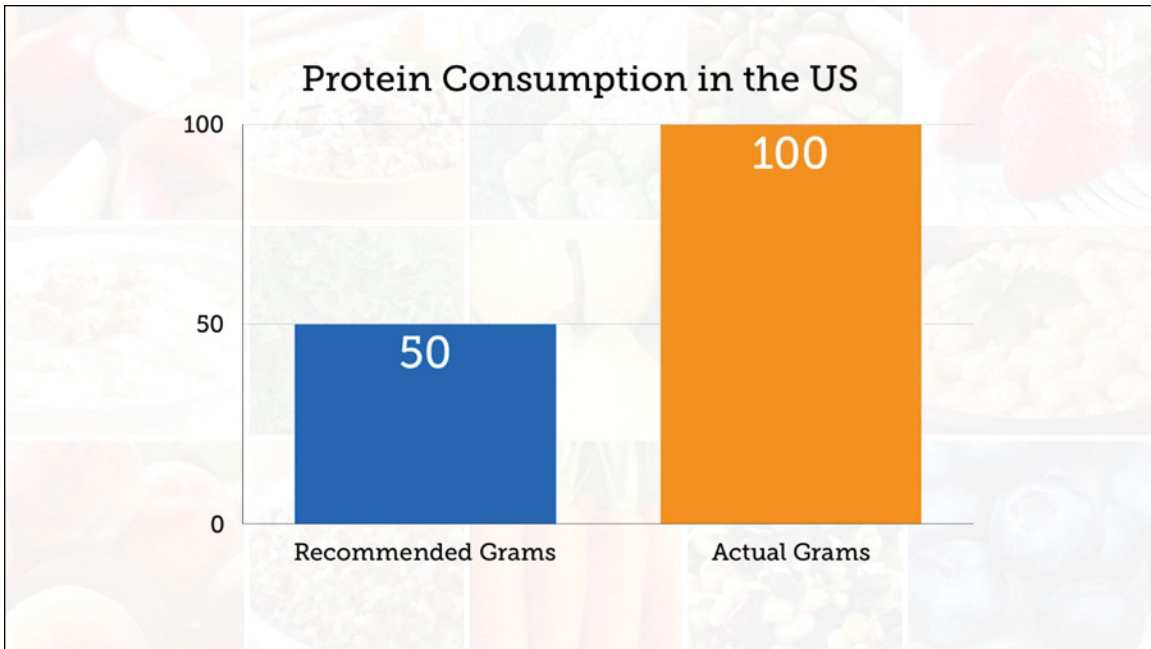
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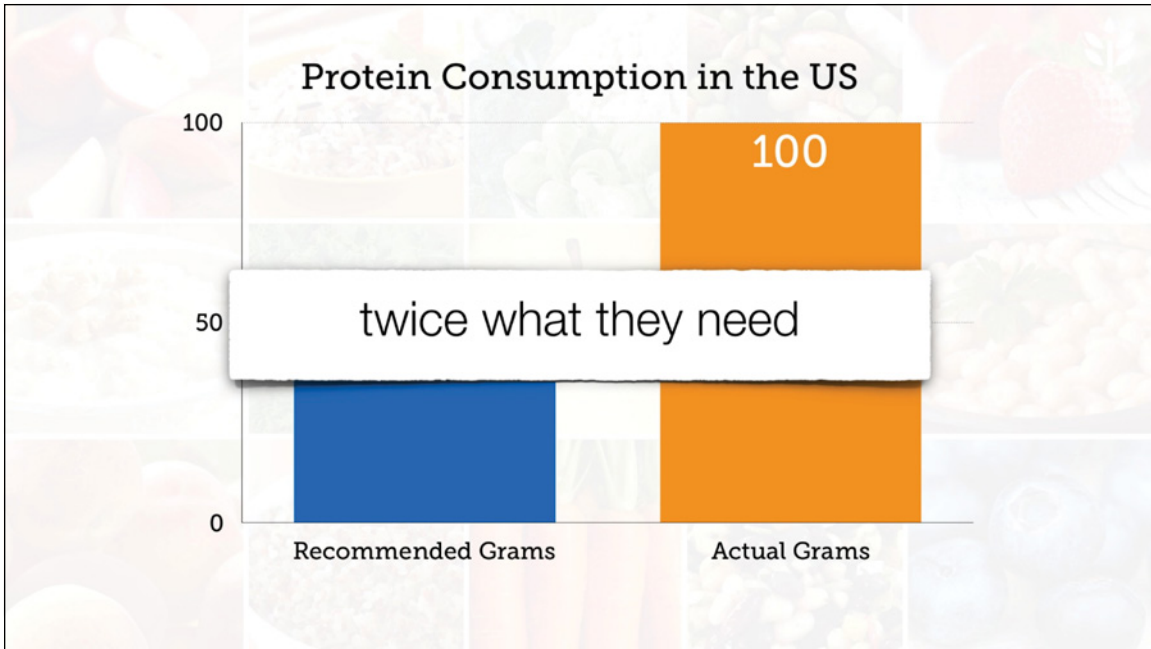


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**WELL+GOOD** How Much Protein Do We Need?

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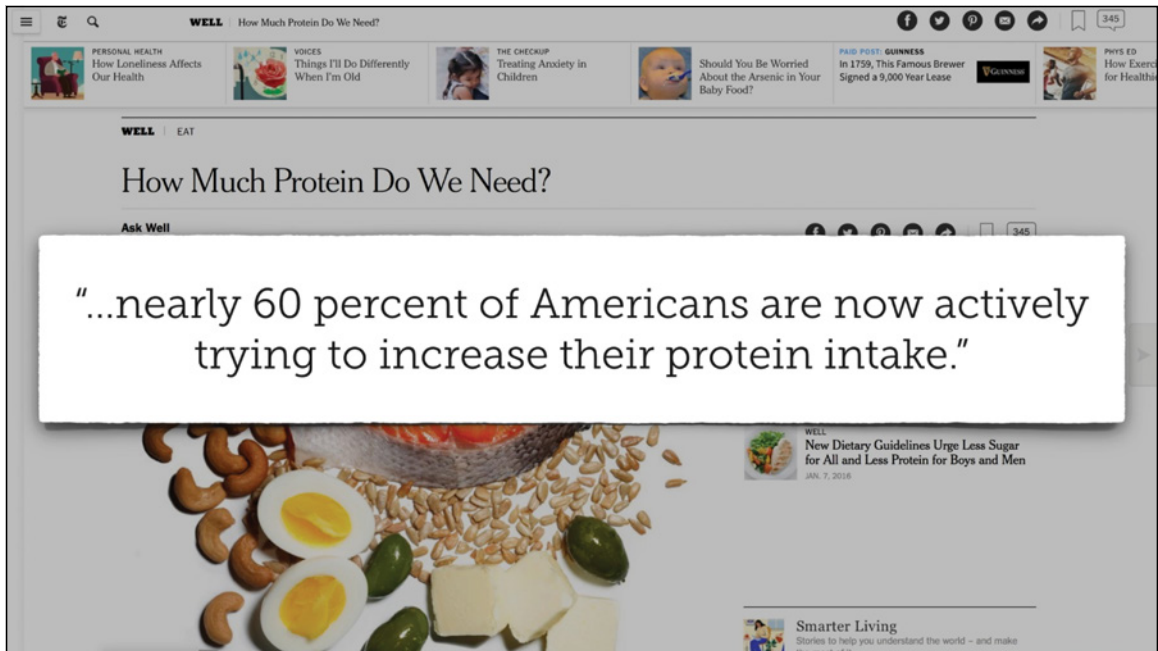
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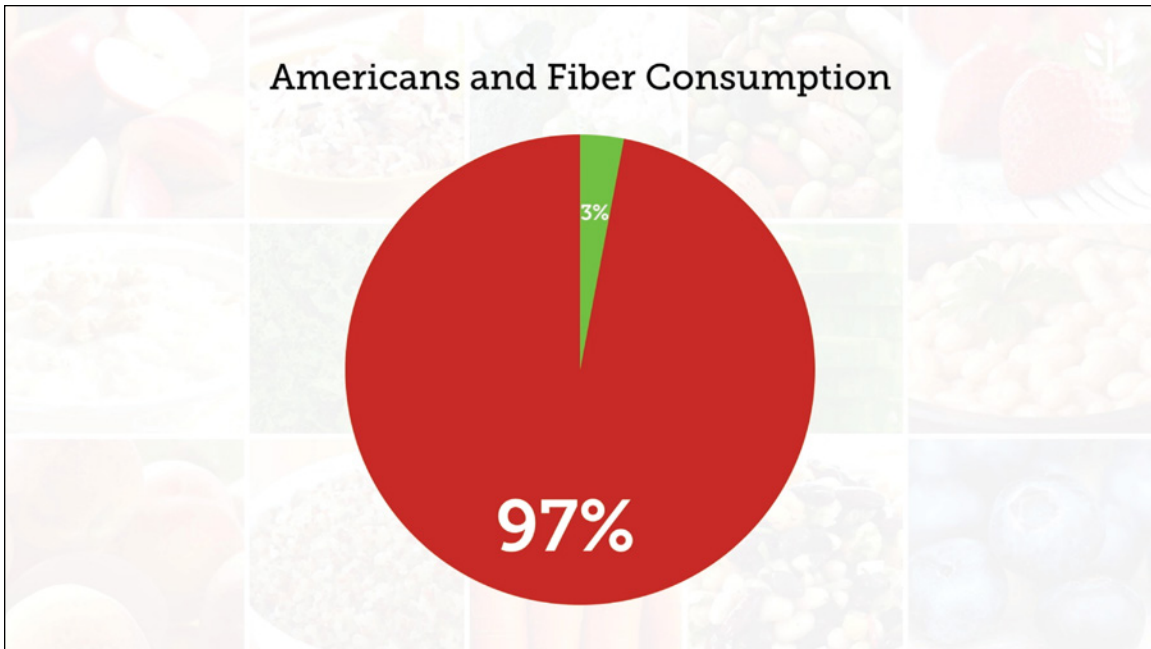
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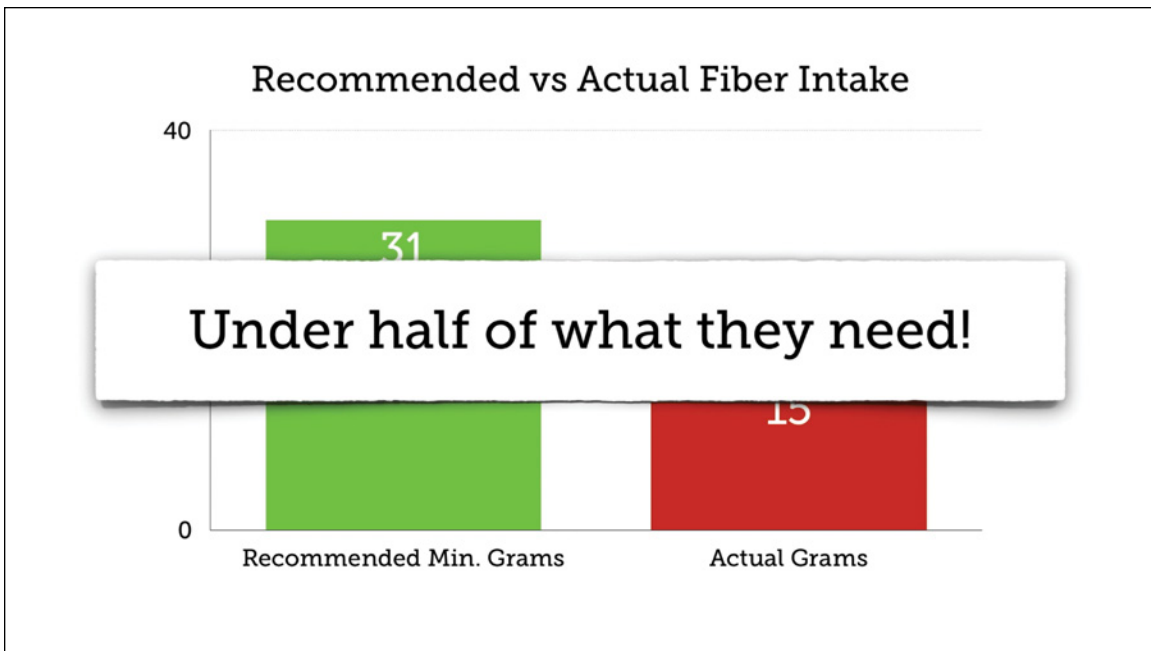
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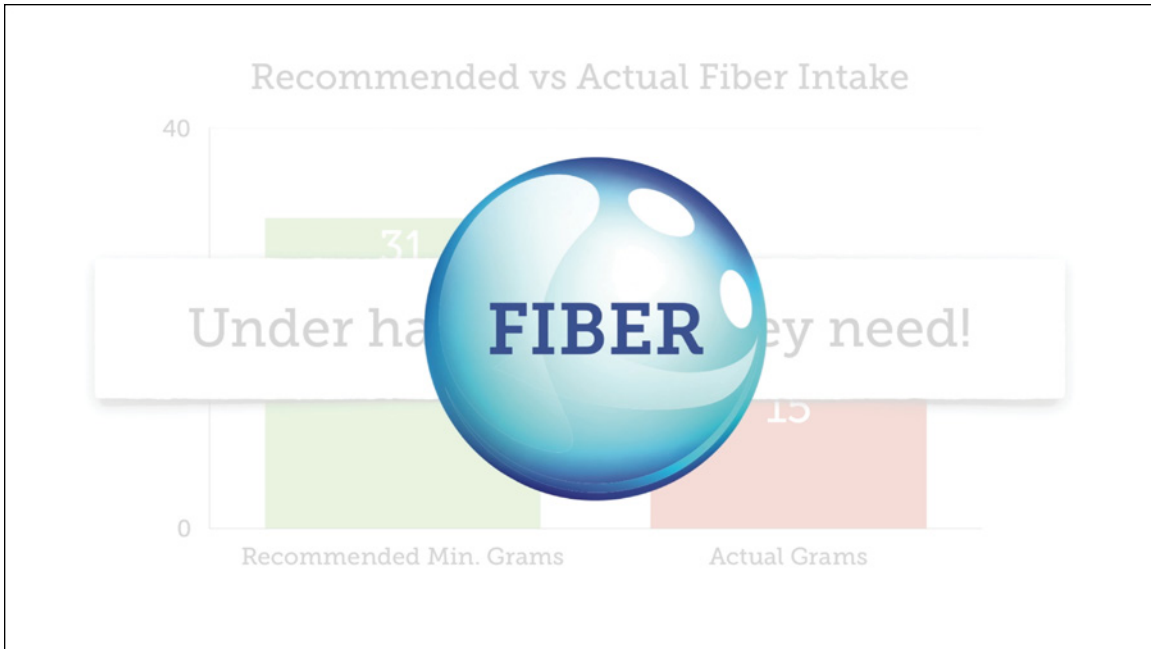
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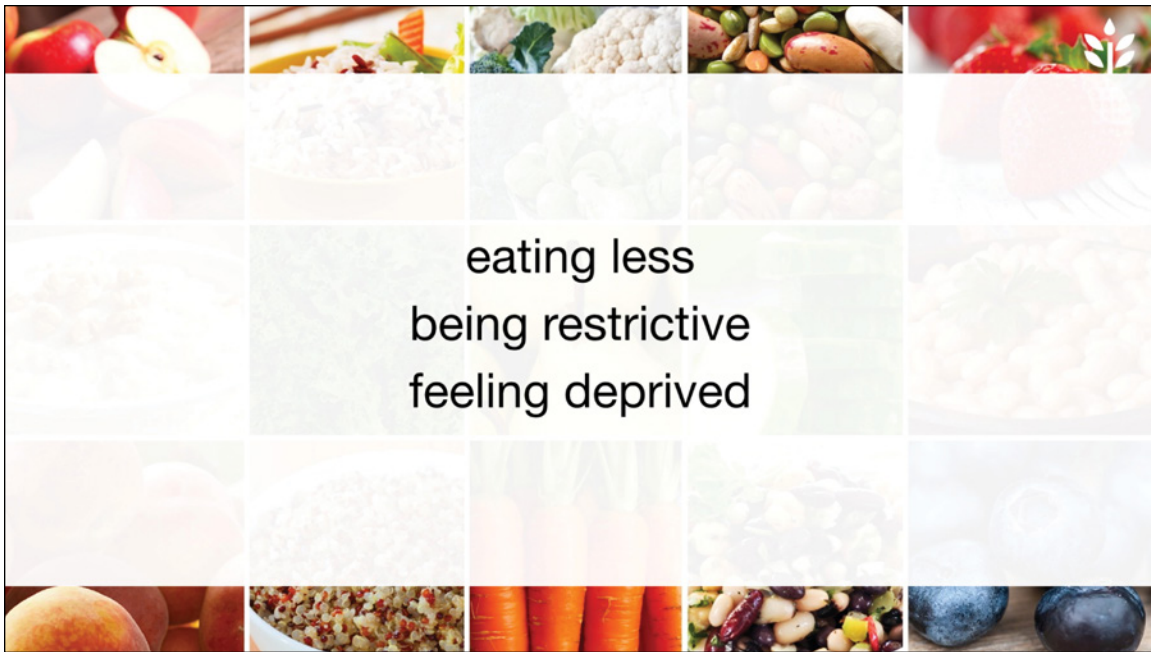


**If Americans did One Thing:**

double the amount of fiber they ate from whole plant foods, it would reshape the entire health status of America

It would be the **biggest healthcare reform** we have ever seen in this country

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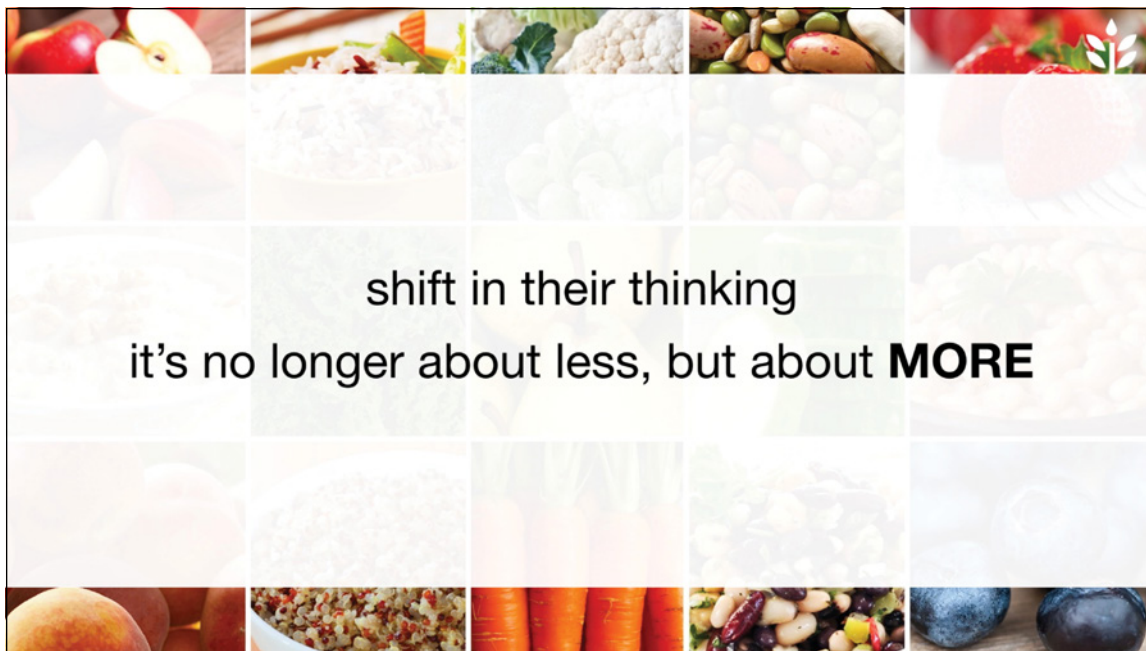
eating less  
being restrictive  
feeling deprived

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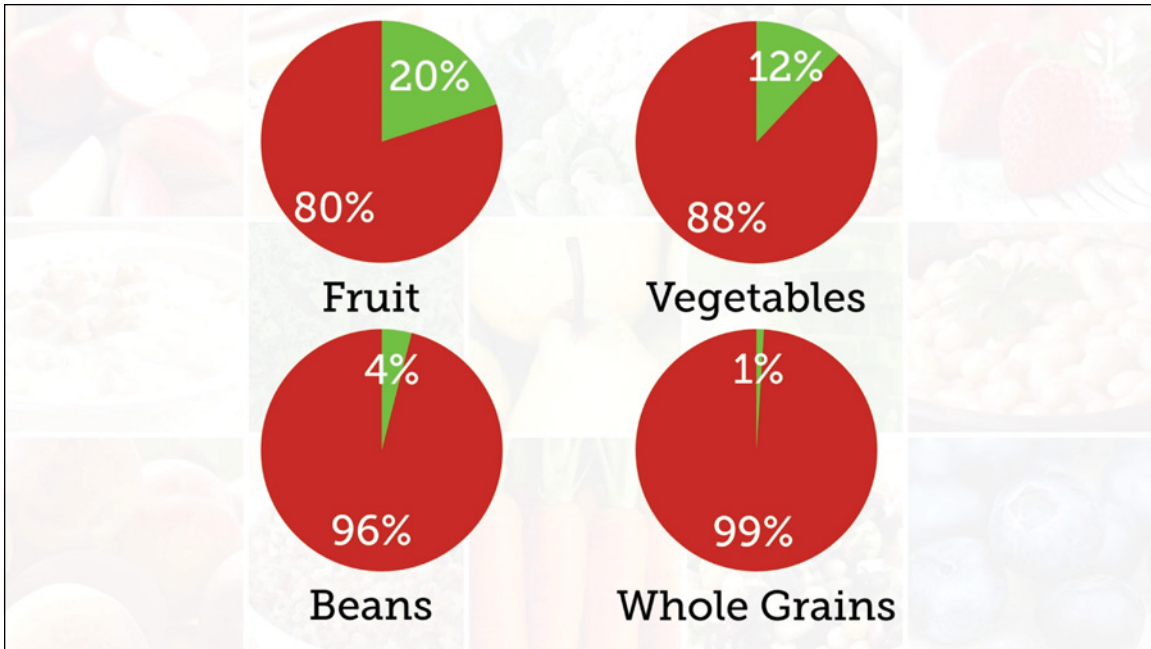




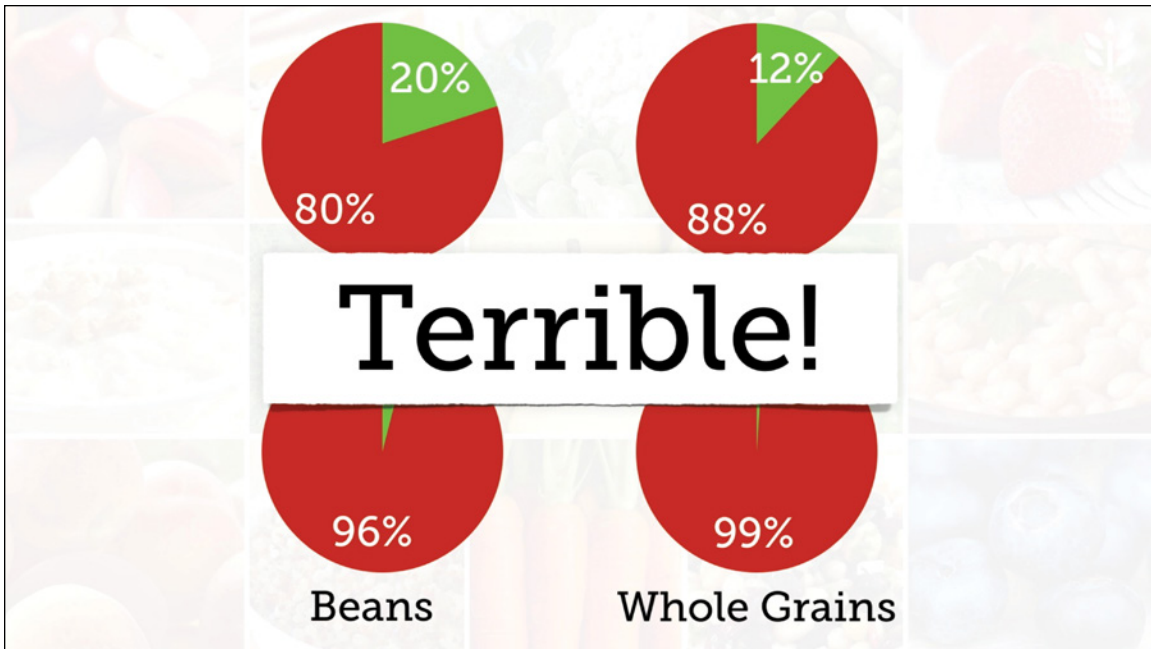
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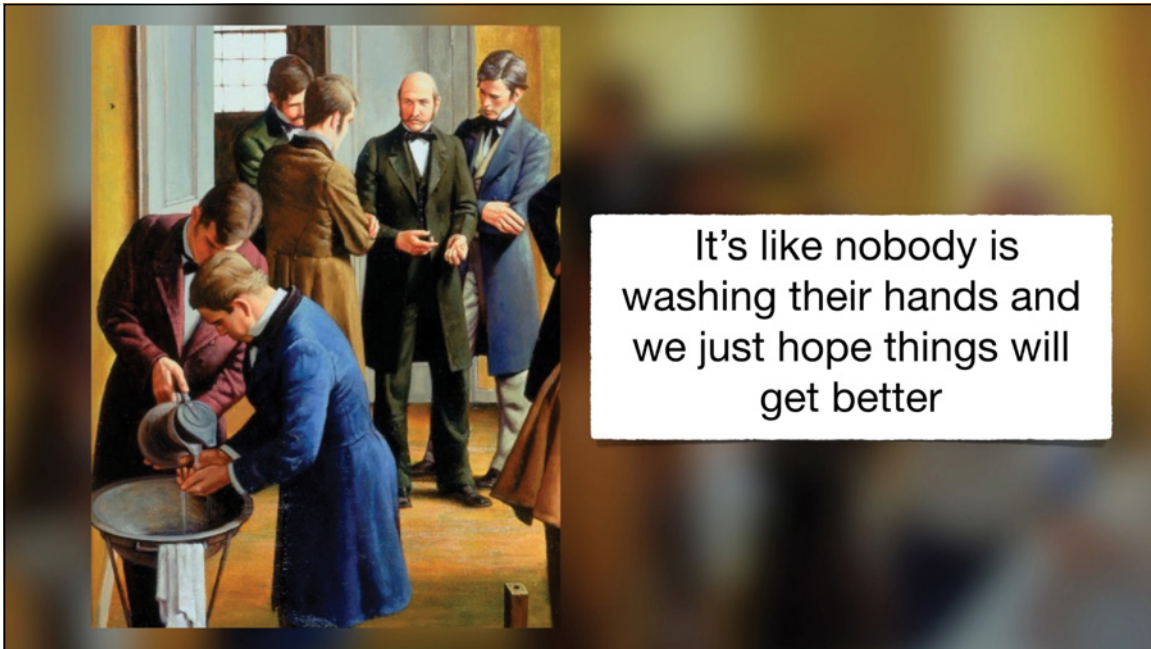


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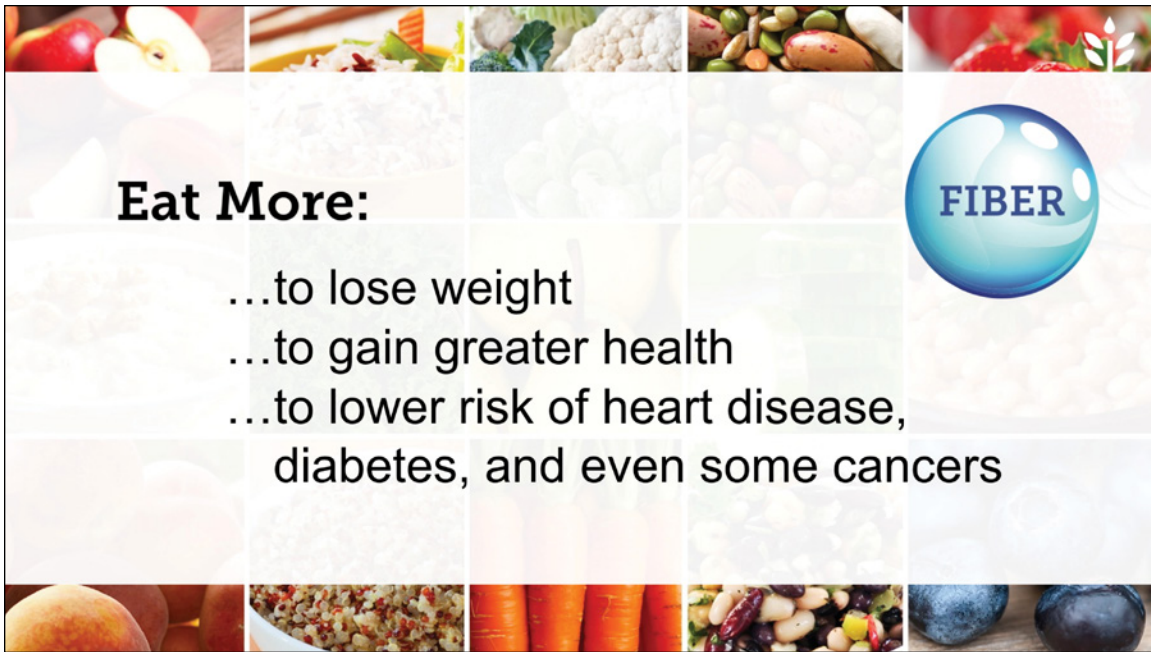
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It's like nobody is washing their hands and we just hope things will get better

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**Eat More:**  
...to lose weight  
...to gain greater health  
...to lower risk of heart disease,  
diabetes, and even some cancers

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# PPN Webinar – A Crazy Hungarian Doctor and the Solution to Weight Loss

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Ricky Seiler, Employer Network Manager - Full Plate Living



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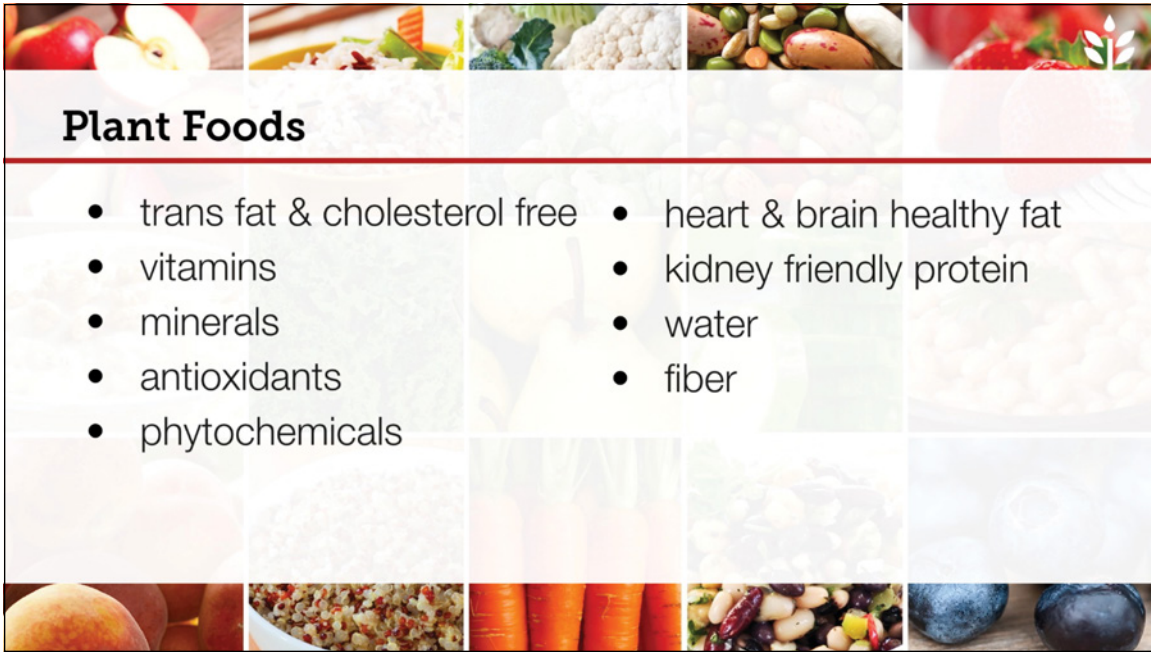


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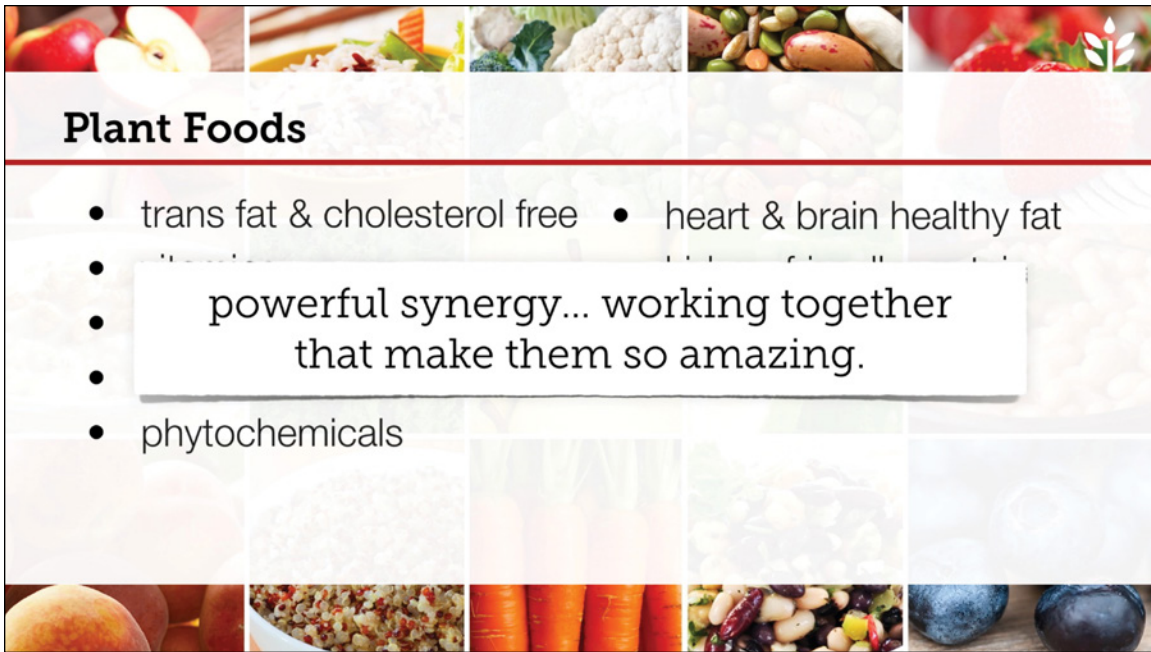
Ricky Seiler, Employer Network Manager - Full Plate Living



## Plant Foods

- trans fat & cholesterol free
- vitamins
- minerals
- antioxidants
- phytochemicals
- heart & brain healthy fat
- kidney friendly protein
- water
- fiber

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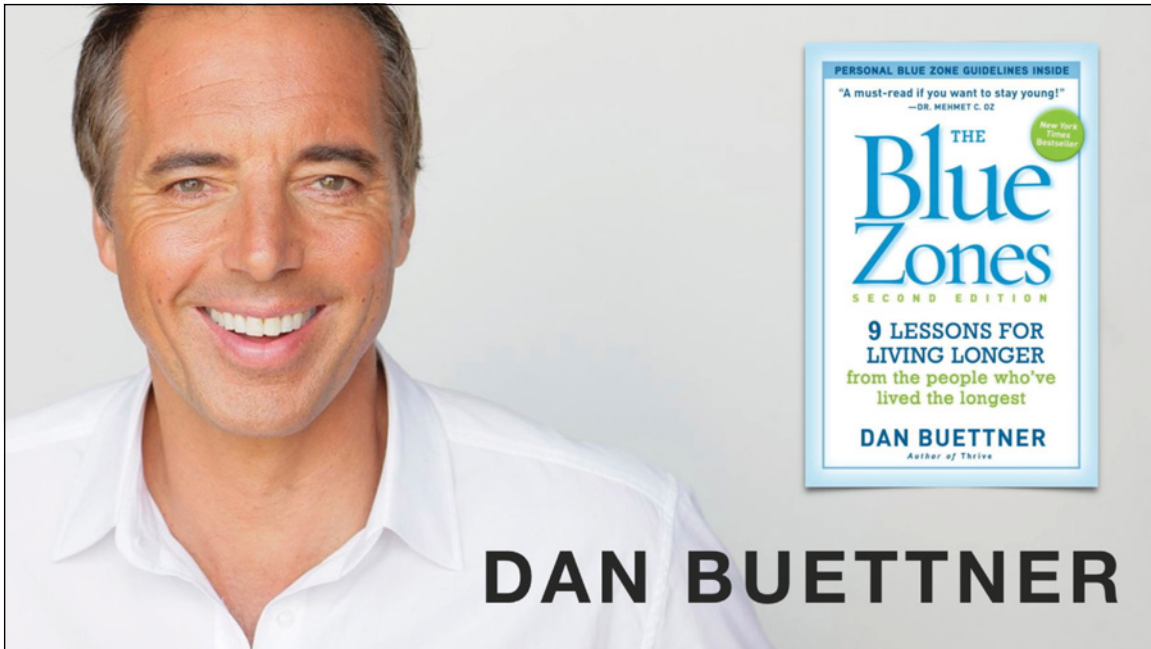
powerful synergy... working together that make them so amazing.

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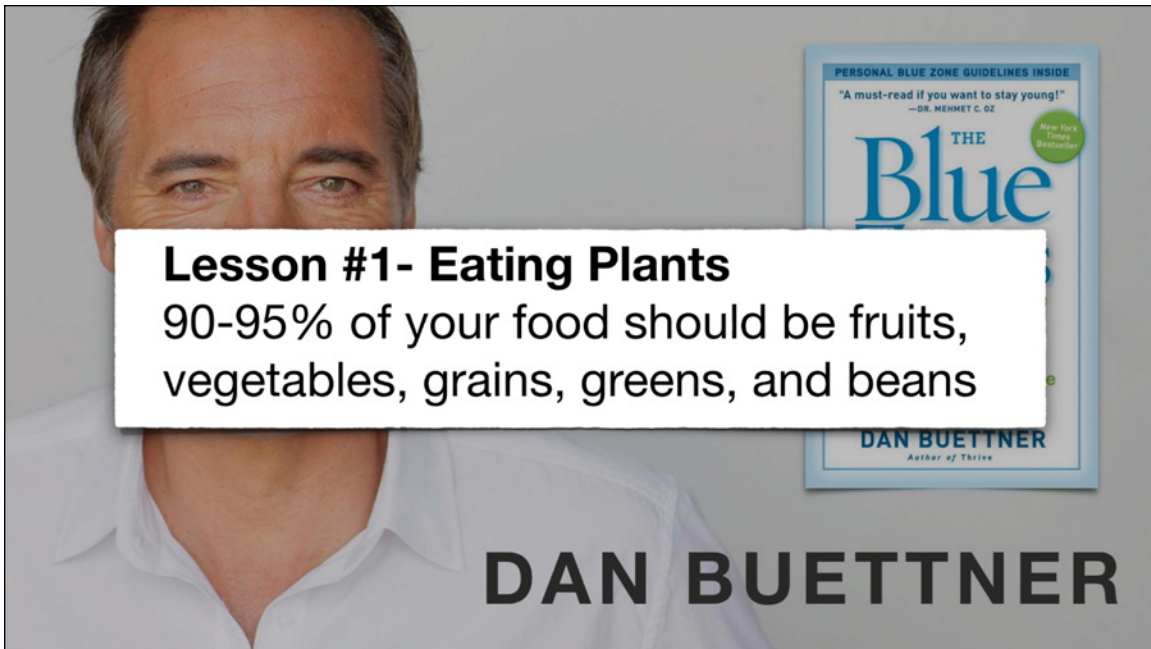
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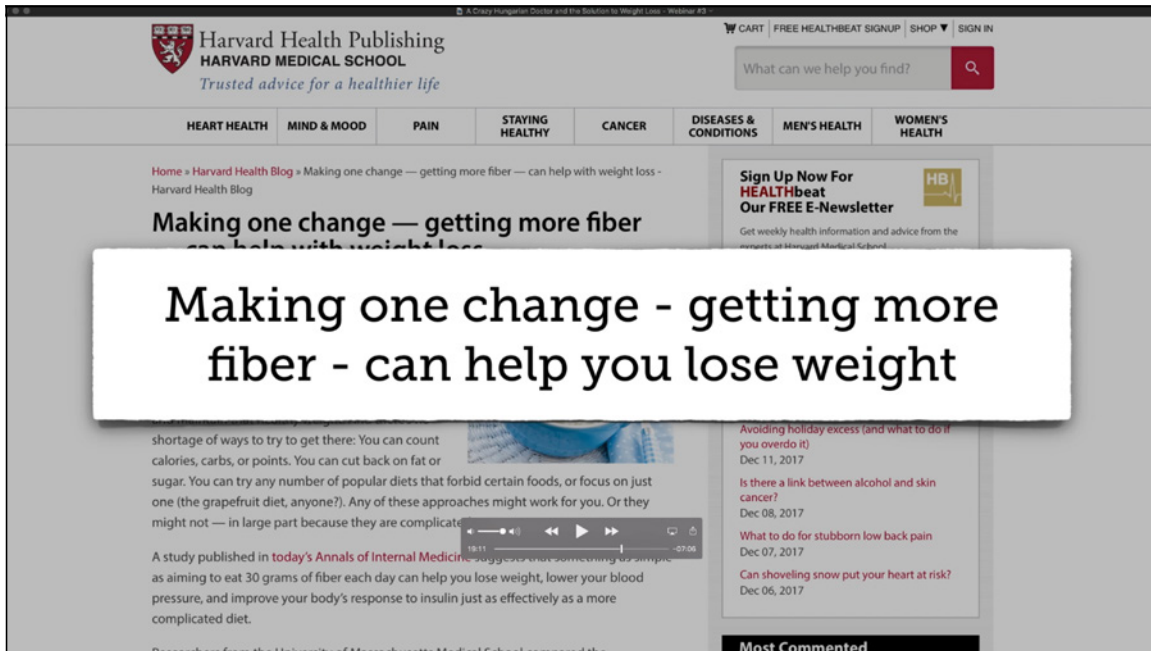


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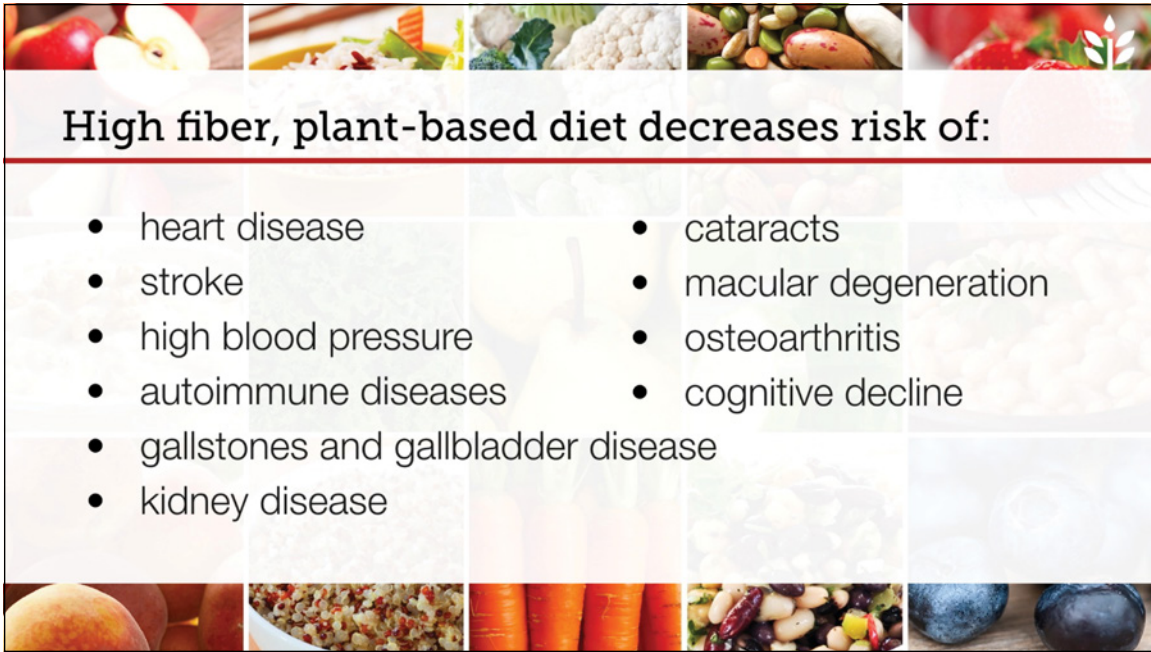
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## High fiber, plant-based diet decreases risk of:

- heart disease
- stroke
- high blood pressure
- autoimmune diseases
- gallstones and gallbladder disease
- kidney disease
- cataracts
- macular degeneration
- osteoarthritis
- cognitive decline

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### Americans and Fiber Consumption

97% of us here in America are missing the boat when it comes to eating enough of these natural fiber rich foods.

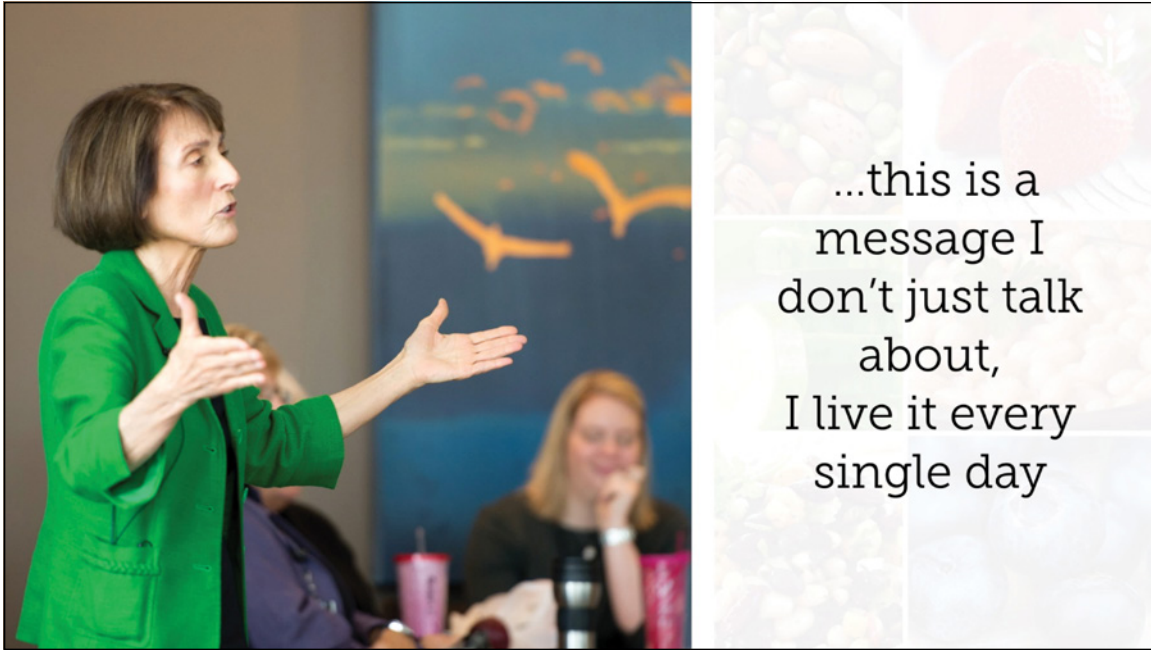
**97%**

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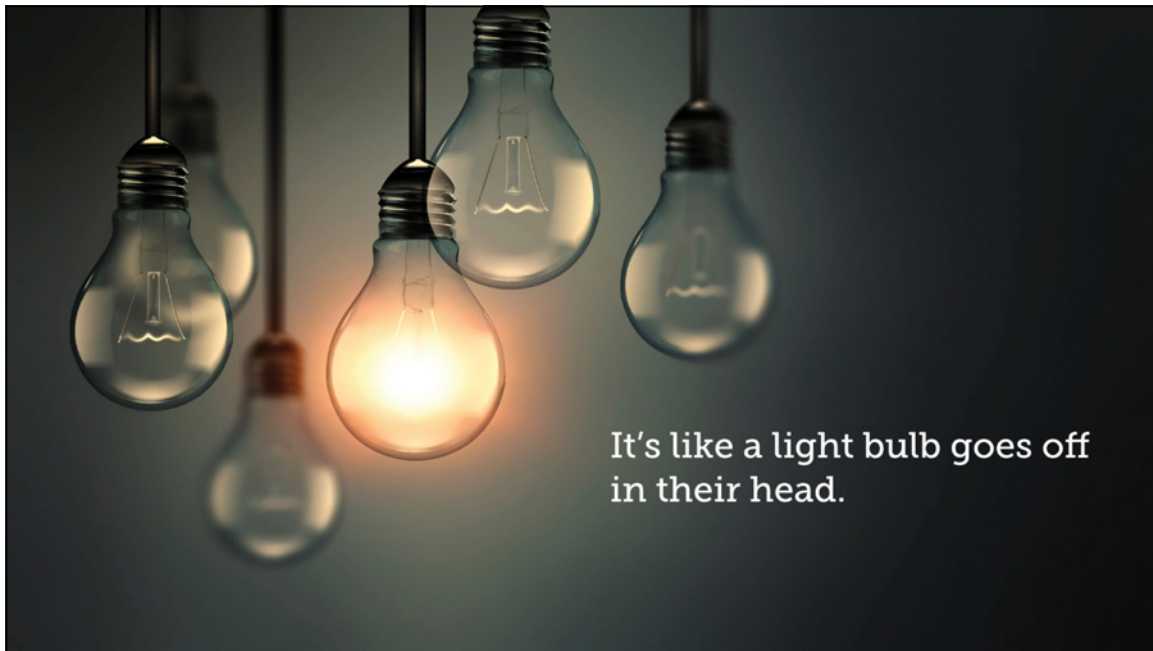


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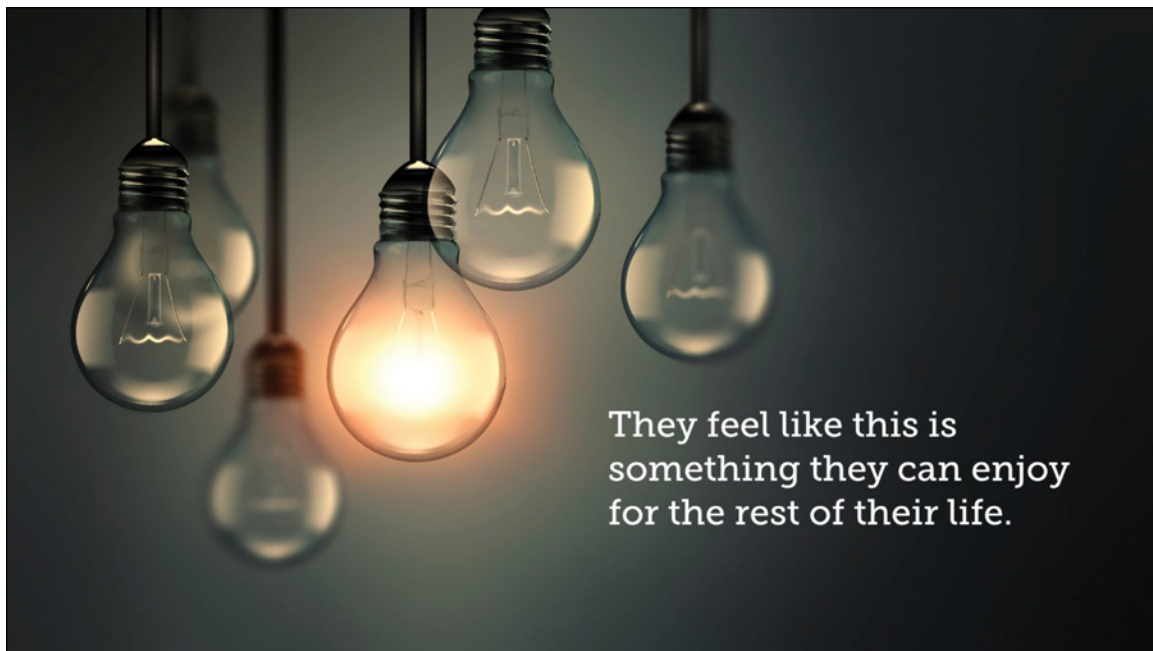
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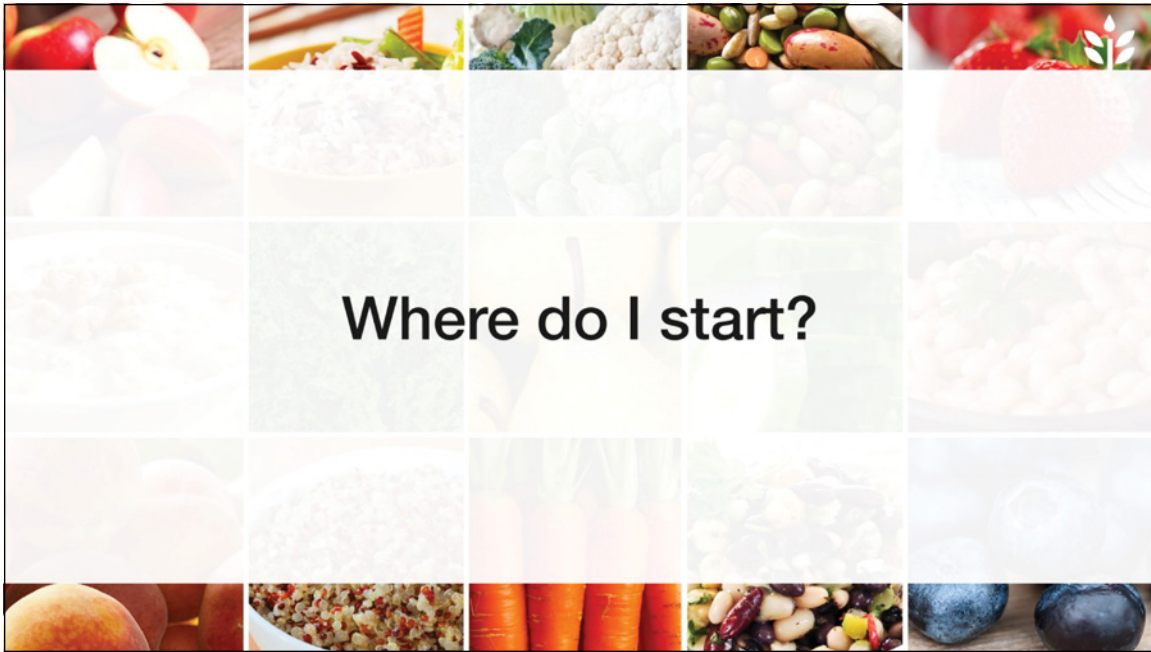


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- Great teaching videos
- Live workshops
- A private Facebook Community
- Fiber-rich recipe ideas
- Small group coaching calls

[fullplateliving.org/welcoa](http://fullplateliving.org/welcoa)

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**LIMITED NUMBER  
FIRST-TIME PILOT PROGRAM OFFERS  
50% SAVINGS**

[fullplateliving.org/welcoa](http://fullplateliving.org/welcoa)

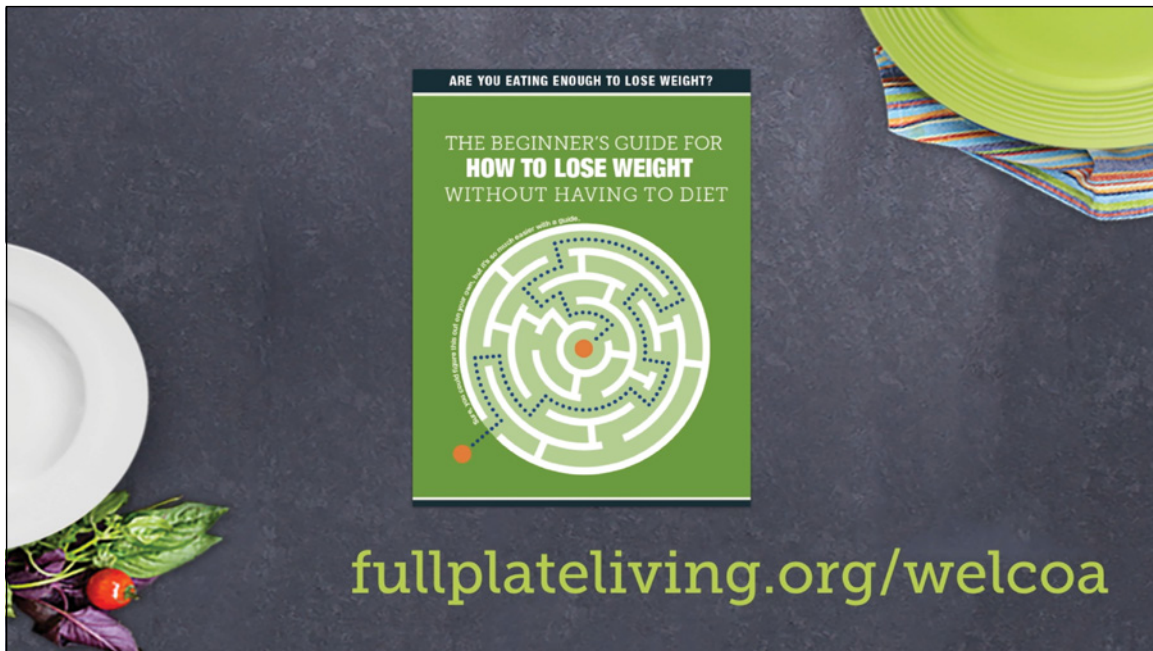
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**FIBER**

Eating more natural fiber rich foods is the **One Thing** that can help your employees lose weight for good

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**Where's the Fiber?**

**One Thing**



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