#### Night Owl Vegan Businesses









#### Night Owl Vegan Businesses



night.owlvegan

•••



night.owlvegan When I heard about a plant-based diet for the first time, I had my doubts!

It took me almost a full year to get into a plant-based diet FULLY.

I had tried everything I could to heal type 2 diabetes, and nothing worked.

How could this diet promise to work when all else including advice from doctors and specialists failed me?

Then 6 months into the diet, I started noticing some changes- I lost weight, the pain had reduced by almost 50%, and a visit to the doctor showed that my diabetes was not as bad as it was six months earlier. The doctor also said that my insulin resistance was disappearing.

That's when I knew this diet of whole plant-based organic foods was working in my favor.

Then I decided to go into it fully. It was hard at first- I craved meat and dairy like never before.

But a few months down the line, the cravings were all gone. And soon enough, I beat type 2 diabetes and got better. I now live happier than I did 10 years ago.

ī

'm launching a class \*6 weeks to eating well\* to explain my process to you how you can deal with insulin resistance without taking more meds, lose weight while doing minimum exercise, and potentially reduce your healthcare bills by thousands of dollars with DIET only.

The last day to enroll is March 1st.

The classes will start on 5th March 2023 with our Sunday Supper









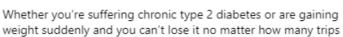
94 views FEBRUARY 26



## Night Owl Vegan Businesses



night.owlvegan How to be 100% in control of your health



weight suddenly and you can't lose it no matter how many trips you make to the gym, I have some good news for you.

First, let me tell you a little about me.

I suffered chronic type 2 diabetes, struggled with weight gain, was not happy, and I was always stressed about what would happen to my kids if I weren't there to take care of them. It was not easy.

I went to doctors but nothing worked.

I tried controlling my food portions, but it didn't work either.

Until I did this one thing.... I went on a 100% PLANT-BASED DIET.

Since then,

I have reduced stress ✔
I feel happier ✔
I'm healthier in every way ✔

Now,

Join me in my upcoming course\*6 weeks to eating well\*

LIMITED SLOTS remaining (to guarantee quality personalized coaching)

Get in now via link in bio







11 likes



#### Night Owl Vegan **Businesses**



night.owlvegan Ever felt so happy about something that you cried about it?

That's how I've been feeling for the last few weeks 💙



I've been creating a new course \*6 weeks to eating well\* and I couldn't help but tear up when I remember how I fought to improve my health for years

Neither the food I used to eat back then nor the pills or the doctors' advice worked.

Until I woke up one day and felt that I had to change my situation, or else I wouldn't be here to see my kids growing up.

That's when I sat down, did my research, found out about the POWERS of PLANT-BASED MEALS, and decided to give it a try.

I've never looked back since then



I've taught myself recipes that never crossed my mind before, embraced whole foods over processed foods, gone from taking hundreds of pills a month to zero pills, cured my type 2 diabetes 100%, and lost weight without going to the gym or exercising a lot.

I'd love to share the wonderful knowledge I've acquired in the process with you who wants to beat type 2 diabetes as I did, relieve yourself of stress, lose weight, and reduce your medical bills from 1000s of dollars to almost zero.

Join me in my upcoming course\*6 weeks to eating well\*

- Starting 5th March 2023 with our Sunday Supper cooking class!
- LIMITED SLOTS available (to guarantee quality personalized)









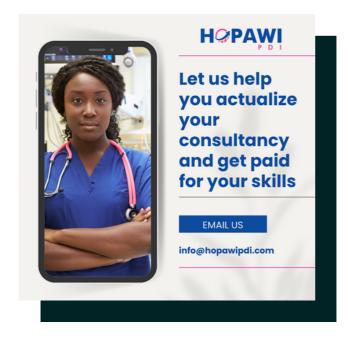
12 likes



# HOPAWI Professional Development Institute







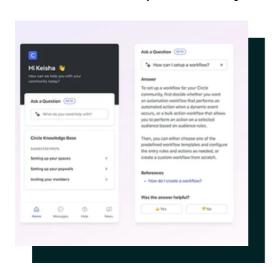


## Royal Executive Assistants

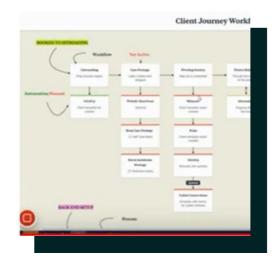
How to Use Circle's

Community Al to Grow Your

Business Exponentially



How to Use Milanote to Structure and Automate Your Business Processes



How to Create Time Blocks
Using Day Themes, Color
Codes and Batches



9 Steps to Prepare a Keynote Presentation Like a <u>Pro</u>



## **Blumy Content Solutions**

How to Create Quality Social

Media Content for Your

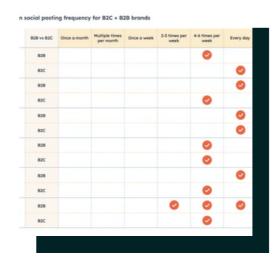
Business Pages

How to Create a Social

Media Content Calendar and

Stay Organized

How to Create Quality Social Media Content for Your Business Pages



How to Create a Winning
Social Media Marketing
Strategy







#### **Others**

Sales Copy

Email Copy







