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### Transforming Health Archives Available

**December 07th 2011: Fat To Fan-TABULOUS!**

Today's guest believes that Weight Loss Starts in Your Mind ... Not on your plate™. Once weighing in at 330 pounds, Coach Carla doesn't just deliver a message about sustainable weight loss – she IS the message; living, walking and talking proof that change is possible – even against all odds! Join me this week as we discuss her latest book Fat To Fan-TABULOUS!



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### Featured Guest

Guest Image

#### Carla Ferrer

Carla Ferrer is an Advocate for People whom genuinely want to have the greatest life and best health they can have and deserve ~ but need a little help and direction! Many years ago Carla weighed 330 pounds and hated it! She knows what it's like to not be the popular girl or feel like an outcast. (As a young nursing student at the time, it took watching her mother die from obesity related complications; as well as her own health and overall wellness deteriorating daily by hypertension and borderline diabetic ails ~ for her TO GET IT ...wake up... and... GET WITH IT!) In short, she got her health back (medication free) and she got the life she had always dreamed of having! Her life today include

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