

Where Successful Weight Loss Begins!

COMMON MYTHS



OUR PROGRAM

It's my genetics

I am big boned

I have a slow metabolism

I will never be able to lose weight

We can change your epigenetic gene expression

We all have unique body frames but everyone benefits from having increased muscle and lean tissue surrounding our bones.

We can change metabolic speed

That's a belief - we can change that

UNMET NEEDS



OUR PROGRAM

Not clinically based

I am not able to do it at home

I can't sustain it on my own

Ignores biochemical and hormonal

No behavior or emotional change

One size fits all

Clinically designed by a graduate level registered Dietitian and Integrative Nutrition Expert with over 45 years of clinical experience

Consists of whole foods that client can purchase and eat anywhere

Provides significant patient education and resources allowing clients to be fully educated on their new way of life

Addresses these and helps the body find it's natural balance, naturally so you can not only be thinner but be healthier as well

Addresses and changes behavioral and emotional patterns

Individualized and customized to clients unique makeup-physically and physiologically

THIS IS BEYOND A DIET

In addition to shedding pounds quickly and sustainably our program works synergistically and holistically addressing a number of preventable diseases, such as:

- ✓ Lowering blood pressure
- ✓ Lowering risk of heart disease and stroke
- ✓ Stabilizing blood sugar and decreasing glucose intolerance, reversing the risk for diabetes
- ✓ Reducing inflammation, joint pain and osteoarthritis