

Custom Weight Loss

We will be looking at these areas....

1. Review of Medical History
2. Health Coaching for Weight Loss
3. Body Composition Analysis
4. Bloodwork

The reason for this evaluation and testing is because there are many factors that can influence your ability to lose weight. Together, we can see what is the best way to do this with the following options:

1. **hCG Weight Loss:** hCG Transdermal Cream, hCG Guide book, Phentermine prescription (not included in program cost), supplement suggestions based on labs, 6-8 week follow up (summary of lab results, BCA and comparison)
2. **Integrating Utopia Food & Fitness:** Chef pre-made meals* + customized exercise plan = CONVENIENT weight loss. Additional cost for these meal plans based on whole foods, low sodium, low sugar and low fat and calorie limits (depends on how active you are). Combine these meals with regular exercise and prescription phentermine (additional cost), your weight loss and or maintenance will be certain. *Dr. C approved and endorsed!
3. **Naturally Slim:** 10 week online program that retrains your thoughts about not what to eat but HOW you eat. The simplest way to lose weight by learning about factors influencing your weight loss, the differences between appetite and hunger, how hydration, (the NS way), can be an appetite suppressant, why sugar is so sinful and so much more.

So, by addressing all these factors and by understanding what works best for you, we can help you learn, optimize and be consistent with your weight management so that you can live your best life! And just for you....

Reward For Completing Weight Loss Goal

- a. Body sculpting with InMode BodyFx
- b. Package of 6 sessions (usually \$1800) : **\$800**
- c. The tightening and contouring loose skin after weight loss.



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INTEGRATIVE HEALTH & HEART