Lifestyle Transformations

Weight Loss Program

be your best

Nuzzci Chiropractic
Family & Sports Center
Take Charge - Win the Battle
Make Your Health a Priority

At Nuzzi Chiropractic our mission is to help you achieve optimal health through individualized treatment plans and patient education.

Our Lifestyle Transformations program is an extension of that mission.

Lifestyle Transformations is a physician directed weight loss solution that helps you lose pounds & inches, improve your health and keep them off for good.

What makes this program different?

It’s not a fad diet. It’s a scientifically proven weight loss program designed to improve health. So, if you’re skeptical because you’ve tried every diet plan out there and nothing has worked, this plan may be the answer for you.

Our physician-directed program is different than all the other diet plans out there. Lifestyle Transformations program is a 5-pronged comprehensive approach to treat weight gain and obesity at its source. Our physicians and team of health coaches will create a treatment plan designed to identify your specific metabolic needs in order to increase metabolism, increase fat burning capacity, decrease food cravings, increase energy and desire to exercise, while moving you to a healthier leaner you!

Being healthy is a choice. It is often the result of underlying metabolic issues and imbalances in your body.

This plan is designed to reverse these imbalances. As a result, you achieve ideal body weight and maintain it for life.
Our results tell the story

- On average, patients lost 27.3 pounds in just 12-weeks
  - Highest weight loss in 12 weeks was 52 pounds
  - This equates to 4% of their original bodyweight

- Body fat dropped 4.2 percentage points, on average
  - Greatest fat loss in 12-weeks was 7.3%

Angela Z:
Start Weight  140.8
12-week Weight  128.4
Pounds lost   -12.4
Body fat loss  -7.3 percentage points
Inches lost   -10.25
(waist, hips, upper arm, upper thigh)

Drew DG:
Start Weight  266.6
12-week Weight  223.8 (18-week Weight 206)
Total Pounds lost -60.6 pounds
Body fat loss  -4 percentage points
Inches lost   -15
(waist, hips, upper arm, upper thigh)
How does the Lifestyle Transformations Program work?

- Lifestyle transformations is a 12 week program that begins with a scientifically designed eating plan. Your plan is specific to your metabolic needs. The physicians take into consideration prior to developing your plan the results of specific blood analysis, a health history and desired health and weight loss goals.

- The eating plan is complimented by nutritional supplements targeted to address overall nutritional needs, digestive health and decreased fat absorption.

- While you are adapting to your lifestyle change

- we recognize you may need help transitioning. In addition to your targeted nutritional supplementation you will receive protein shakes and bars.

- You will be instructed at the appropriate time on how to implement a fitness and exercise program.

- All Lifestyle Transformation participants will receive one-on-one sessions with their Lifestyle appointed physician and Lifestyle coach. This ensures regular tracking of progress in a private and compassionate environment. You will also receive weekly educational

- material to make healthy and informed choices regarding food, grocery shopping, eating out, reading labels, understanding carbohydrates, sugars, fats and so much more.
The Phases of Weight Loss and What to Expect

**Weeks 1-4** begin to balance your blood sugar, stabilize your body ph, break carbohydrate dependency and begin to experience a life changing shift in your health and weight. The average weight loss within this time period is 4-10 lbs.

**Weeks 5-8** you are doing well and have made changes in your eating habits. This is where the lifestyle transformation really begins! You are coming off your meal enhancement/snack replacements and have made the changes necessary to follow the plan, still using the targeted supplementation to aid in the overall metabolic processes. Accomplished with whole foods purchased at your local grocery. You are on your way to optimizing your health, continuing to burn fat, stabilizing blood sugar, reducing cholesterol and stabilizing your body ph.

**Weeks 9-12** you are rounding out your 12 week Lifestyle Transformation program. We are gearing you up to maintain the weight loss and continue to make healthy changes. Most participants have mastered exercise and stress management in final phase of the 12 week program.

**Proven Benefits**
- Stabilizes blood sugar
- Eliminates inflammation
- Stimulates your metabolism
- Promotes fat loss while conserving muscle
- Reverses metabolic syndrome
- Reduces long-term health risks
Next Steps

Success always begins with taking the first step. Let's work together to create a treatment plan designed specifically for you by identifying your specific metabolic needs.

In order to increase your metabolism and fat burning capacity we need thirty minutes to make an evaluation. Most insurance companies will cover this as a medical consultation.

What to expect during your evaluation:

- Thorough medical and family history is collected
- Non-invasive diagnostic tests are physician reviewed

What you will learn:

- Your unique risk factors that may lead to unhealthy consequences
- An understanding of what program and supplements are best for you

The Lifestyle Transformations Program is so successful we guarantee it will work for you.

Call or click the button below for more information or to take your first step to success - a healthier and happier you.

[CLICK HERE]

201-447-2570