

DR. COMIA'S 5-STEP PROGRAM TO HEALTH

1. OUT WITH THE OLD, IN WITH THE NEW

Get rid of old bad habits and replace with good new habits with our 10 day metabolic detoxification program.

2. PALEO DIET

Switch to low carbohydrate modified (gluten free and dairy free) diet, aka PALEO DIET.

3. DETOXIFY

Continue metabolic detoxification program. Majority of bioaccumulated toxicants live in the fatty tissues of our body. As you detoxify, fat cells melt and release toxins into lymphatics. Coupled with our VERJU cold laser body contouring treatment, watch the inches melt away!

4. REV UP YOUR METABOLISM WITH VITAMINS AND SUPPLEMENTS

With the expert guidance of Dr. Eileen Comia, you will be supported with essential vitamins and supplements that augment healthy metabolic pathways in the body and watch the numbers go down! Cholesterol, blood sugar, blood pressure, body fat, and a multitude of symptoms all diminish, guaranteed, in 3 months!

5. MOVE WELL FIRST, AND THEN MOVE MORE

Yoga, Taiichi, Pilates are gentle exercises that improve form and function. Once your joints and ligaments are more compliant, then you can embark on more active exercises. Have fun along the way! Stress, depression and worries melt away as you feel better and think better.

Set a monthly health budget. By investing on your health now, you will eventually spend less for medications, doctor's visits, surgeries, and hospitalizations. Not to mention lost revenue for you and your loved ones as they take care of you during periods of disability. Believe it or not, you will have more money to enjoy life in the future. Health is wealth!

