

# Dr. Iris Crawford

## *The Total Health Renewal*

*~Dr. Crawford's signature system to unlock your fat burning, lose weight while resetting your metabolism, improve energy, mood, sleep and more!~*

Remove the 3 blocks to weight loss AND eliminate fatigue, anxiety, depression, insomnia, pain and so much more. Dr. Crawford's signature program includes customized and comprehensive plans to renew you to your natural state of total health.

### **Included in the Total Health Renewal:**

- **The all-inclusive medical weight loss program; *Crawford Metabolic Repair Protocol (CMRP)***
- **Crawford Hormone Revitalization**
- **3 custom Naturkur blood panels**
- ***PLUS* Naturkur Wellness Center's Detox Protocol**

### **Crawford Metabolic Repair Protocol (CMRP)** *Comprehensive, all-inclusive, rapid weight loss program.*

The easy, 3-phase CMRP is a comprehensive medical weight loss program designed to allow you to release fat safely and effectively and reset your metabolism. Our amazingly successful program includes unlimited support, is personalized to your metabolism type, and comes with a custom, 6-month aftercare program. Each complete cycle or round of the CMRP will help you release up 25 pounds or more and reset your metabolism.

*\*Note: You may opt to pre-purchase additional rounds of the CMRP program to stay committed and receive significant savings (40%off!).*

### **Crawford Hormone Revitalization** *Uncover a new, younger, more vibrant you!*

Dr. Crawford's complete 3 phase system of adrenal and hormone recovery. Finally be free of low energy, anxiety, depression, sleep issues and more! This program includes 3 salivary adrenal and hormone tests, 3 physician consults, 3 custom treatment plans, and all supplements over 6 months.

### **Naturkur Custom Blood Panel** *Complete metabolic health recovery.*

Naturkur's custom blood panel evaluates organ (liver, kidney, heart) health, underlying risk factors for disease such as heart disease and diabetes, and other hidden causes of weight gain or low energy that are often overlooked by other doctors. Total Health Renewal includes 3 custom blood panels, 3 physician consults, 3 custom treatment plans, and all recommended supplements over 6 months.

### **Naturkur Wellness Center's Detox Protocol**

*Rid the body of the toxins and inflammation blocking your path to health!*

Includes Dr. Crawford's system to enhance all 5 organs of elimination; skin, liver, colon, lung, and kidney. Detoxifying supplements, far infrared sauna therapy, and breathing exercises.

## Testimonials

I was struggling with many things: weight, over-eating, anxiety, depression, and overall health. I lost about 20 pounds and transformed my eating habits and metabolism. I've also worked with Dr. Crawford on addressing hormonal and thyroid issues that affect my mood. I feel much lighter and have more energy. I'm not craving really bad food and I'm optimistic about my overall health goals moving forward. I feel like I'm on the road to being the healthiest I've ever been. Everyone is amazing and you provide really helpful resources to be successful. - MC

"Three months ago, I was feeling pretty defeated. I had gained nearly 30 pounds since my previous annual physical, without the joys of overindulging on food. I was exercising daily and restricting my calories, yet the pounds wouldn't come off. I had given up sugar, coffee, alcohol, pasta, and dairy to no avail. I had even started walking during conference calls to up my activity level (walking in excess of seven miles a day instead of sitting on my butt while at work).

The straw that broke the camel's back was when the internist I'd been seeing for over 10 years made me feel like she doubted what I was telling her about my daily eating and exercising habits. I started researching online for alternative solutions. That's when I stumbled upon NatureKur's website, and I'm so thankful that I did.

I completed the 9-week weight Loss program. Every Saturday, I'd go into the office to check my progress and left feeling full of hope and determination. The weekly body scans were definitely a morale booster, as I saw the pounds go down and my body fat decline. Laura also encouraged me to try the infrared sauna sessions, which made me feel surprisingly relaxed (especially since I hate being hot) and helped me avoid any weight-loss plateaus.

With the help of the NaturKur program, I've lost all of the weight that I had gained last year and reset my metabolism. Little did I know, I wasn't eating enough calories. Years of depriving myself of food actually broke my metabolism, making it hard to lose weight.

The saliva test discovered that I had estrogen dominance and adrenal fatigue—two things that I'd never heard of—which contributed to my unexplained weight gain and lack of energy. I'm now working with Dr. Crawford to correct both issues, and I feel better than ever.

If you're ready to make a healthy change, I highly recommend the folks at NaturKur. They will support you as much—or as little—as you need. The workbook is helpful, the shakes help keep you satisfied during the low-calorie phase of the plan, and you will lose weight and make a permanent change in your body and overall health. I finished my 40 days just over a month ago, and I'm pleased to report that my weight has stabilized and my energy level remains high. I'm finally eating the foods that I avoided all those years, without guilt or a negative impact on the scale." - P.P



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