

There is no denying that a healthy employee makes a happy employee and that happy employees make better companies. The fact that fit and healthy employees save companies money is well documented. Specifically, they have less illness, lower absenteeism, less turnover, and a better attitude towards their jobs.

Companies willing to nurture their employees and take stock in their health and happiness will reap the rewards via increased productivity and reduced health care costs.

Industry experts say that obese employees cost U.S. businesses an estimated \$12.7 billion in health care, sick leave and life and disability insurance. A 2003 study in the Journal of Occupational and Environmental Medicine found that 50% to 70% of all diseases are associated with modifiable health risks and may be preventable.

Live Health would like to help you be part of the solution. We know empowering your employees empowers your company.



Affiliated with the
Brannick Clinic of Natural Medicine
www.bcnaturalmedicine.com



**Empower your employees.
Empower your company.**





Dr. Michelle Brannick, ND, DC

Live Health Seminars are presented by Dr. Michelle Brannick, an expert in Natural Medicine with doctorate degrees in Naturopathic and Chiropractic Medicine.

Dr. Brannick is the medical director of the Brannick Clinic of Natural Medicine, two thriving natural medicine clinics located in Riverside and St. Charles, Illinois. The clinics have a strong base in diet and nutrition. Dr. Brannick feels that all health conditions can improve with the correct diet and exercise.

Dr. Brannick earned her doctorate in Naturopathic Medicine from Bastyr University in Washington state. Bastyr University is internationally recognized as a pioneer in natural medicine. It is the largest university for natural health arts and sciences in the U.S., combining a multidisciplinary curriculum with leading-edge research and clinical training. Dr. Brannick also holds a B.S. degree from the University of Wisconsin where she studied Mathematics, Physics and Statistics.

Live Health offers your company four seminars to help your employees take charge of their health. Each presentation is one hour. You can schedule one or the entire series of four.



1 EATING FOR HEALTH

Restore your health by making better food choices. This presentation provides the basics of nutrition by describing and providing examples of good vs bad fats, complex vs simple carbs, and discusses the importance of proteins and fiber.

2 PREVENTING DISEASE THROUGH PROPER DIGESTION

Proper digestion starts with chewing food not swallowing it down whole as we are running out the door. Many forms of medicine such as Naturopathic, Aruvedic and Chinese consider poor digestion to be the beginning of the disease process. This presentation discusses how to eat and improve nutrient absorption.

3 HEALTHY WEIGHT LOSS

Yo-yo dieting causes damage to the body. Healthy weight loss is a lifestyle and is gradual and sustainable. Most diet programs do not work. Currently 1 in 3 adults in the United States is obese. Regular exercise reduces the risk of heart disease, cancer, high blood pressure, diabetes and other diseases.

4 ALL ABOUT ANTI-AGING

Yes, it's possible to look younger naturally! Learn the facts about sun-screens, longevity and Omega 3's. This presentation will give you concrete ways to delay the aging process.

Dr. Brannick did an amazing presentation to our employee group. She educated us on the benefits of how getting proper nutrition can help with overall wellness. Dr. Brannick's passion comes out in her presentation. It is obvious she cares and wants to share her knowledge with others. Very well done. I would love to have her back!

Susan Oswalt
Human Resources Manager
R. H. Wine & Company
Insurance since 1924

Several years ago my physician recommended a generic statin to reduce my cholesterol. The drug worked, but I experienced muscle fatigue and weakness. I wanted an alternative. Dr. Brannick recommended a diet and vitamin regimen that reduced my cholesterol levels to a normal range. My health is better and I exercise with greater vitality.

Michael H. Siemer
President
Bradley Associates

I had tried to find solutions to various health problems for many years. Thanks to Dr. Brannick, in less than a year I was no longer diabetic, I lost 40 pounds and my liver and migraine condition had greatly improved. I am true believer that natural medicine is the best choice. Thank you, Dr. Brannick!

Berenice Soto
Broadview, Illinois

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