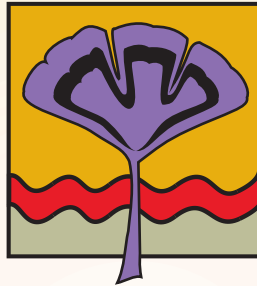


Obesity Epidemic!

- Since the mid seventies, the prevalence of obesity has increased sharply for both adults and children.
- For ages 20-74 years the prevalence of obesity increased from 15% to 32.9%.
- For children 2-5 years, the prevalence of being overweight increased from 5% to 13.9%.
- For ages 6-11 years, the increase is 6.5% to 18.8%

BRANNICK CLINIC OF Natural Medicine



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“Health is Everything”

BRANNICK CLINIC OF Natural Medicine

WEIGHT MANAGEMENT PROGRAM BODIES IN BALANCE



Empowering

Rejuvenating

Sustaining

Frequently Asked Questions...

Q. How is this program different than other weight loss programs?

A. Unlike diet fads, the goal of this program is to empower, rejuvenate, and sustain you as an individual. Our doctors evaluate and address patient's health by addressing their medical condition through a health history and blood work to promote a better state of health and balance.

Q. Will I be expected to be a vegetarian?

A. No, however, we individualize the program and base it on the result of blood tests. Some people do well on a vegetarian diet and others do not.

Q. What sort of support can I expect ?

A. When you join the program you will receive individual consults on a weekly basis along with support from our doctors and therapists.

You can expect to...

- Lose weight and feel healthier
- Increase your energy
- Decrease you aches and pains
- Increase your outlook to a positive one
- Learn everything you need to know about healthy eating
- Learn how to shop for healthy foods
- Learn how to cook for your family
- Be a positive role model to your family
- Feel good about yourself
- Understand why most diets do not work as long term solutions

Conditions Linked to Obesity and Excessive Weight

- Heart disease
- Hypertension
- Type II diabetes
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Breast and colon cancer

Program Options

GOLD 3 month program, \$2,400

This program includes weight management and detox to combat the effects of environmental toxins. Fat tissue tends to hold toxins that we ingest or inhale from our environment. As you lose weight, toxins are mobilized. It is important to detox them out of the body in order to reduce damage toxins can cause. This program includes consultations with our naturopathic doctor, weekly support groups, homeopathy consultation and colonics.

SILVER 3 month program, \$1,500

The Silver program is geared towards healthy weight loss and improvement of overall general health. This program includes consultations with our naturopathic doctors and weekly support group sessions.

Both options require a \$1,000 deposit that applies to entire cost of program.

The cost for supplements is not included in the above fees.

“Make Your Health A Priority”