

WEIGHT LOSS PACKAGES

All packages consist of 3 month services!

Maintenance fee of \$1.66/day after 3 month service is completed!



BASIC WEIGHT LOSS PACKAGE

\$5.50/day

FREE Introductory Consultation

Total Investment \$460.00

Initial Consultation

Recommendation Consultation

- Metabolic weight loss food list (recommended & non recommended)
- Metabolic food combining chart & Wallet size version
- Weekly diet guide with calorie and portion guide
- Food recommendation based on health imbalances
- Eating out reference guide
- Lifestyle and supplement recommendation
- 3 follow-up session; Body measurements, weighting, fat%, water% and Lean mass



UPGRADED PACKAGE

\$6.60/day

FREE Introductory Consultation

Total Investment \$560.00

Initial Consultation

Recommendation Consultation

- All services of the basic package, PLUS
- 4 weeks of interchangeable recipes tailored to health imbalances, metabolic typing and deficiencies.



COMPLETE PACKAGE

\$7.85/day

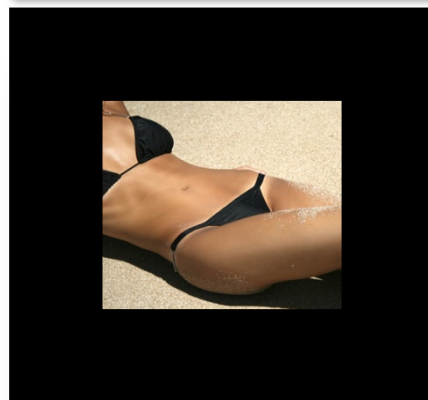
FREE Introductory Consultation

Total Investment \$660.00

Initial Consultation

Recommendation Consultation

- All services of the basic package PLUS
- 4 weeks of interchangeable recipes tailored to health imbalances, metabolic typing and deficiencies.
- Weekly monitoring of online dietary journal



ULTIMATE PACKAGE

\$9.05/day

FREE Introductory Consultation

Total Investment \$760.00

Initial Consultation

Recommendation Consultation

- All services of the basic package PLUS
- 4 weeks of interchangeable recipes tailored to health imbalances, metabolic typing and deficiencies.
- Weekly monitoring of online dietary journal
- 1 hour shopping consultant services

Weight Loss is More Than Counting Calories! Find Out What is Hindering Your Weight Loss Goals!

Weight Loss is more than Counting Calories

According to the Parliament of Canada, in 2004, approximately 6.8 million Canadian adults ages 20 to 64 were overweight, and an additional 4.5 million were obese. These dramatic increases in obesity in Canada have been deemed to constitute an “epidemic.”

So why are we still overweight, with all the endless supply of weight loss diets, drugs and herbs?

The reason, we are bypassing the primary cause of weight gain. If you have been trying to lose weight and have been unsuccessful, have you ever wondered if counting calories is enough?

So why does the weight come back after you are off a diet?

Most people don't understand that obesity issues are a consequence of an imbalance occurring within the body, whether hormonal and/or nutritional in nature.

Uncovering and dealing with these imbalances are the first step in achieving your weight loss goals.

There are multiple reasons as to why it is so hard to lose weight and shed off the fat and this is what we are here to assist you with!

Finding the underlining cause, allows you to obtain your desired weight and ensure a healthy lifestyle.

Nutritional Symptomology allows us to understand that these imbalances are directly causing failed weight loss goals! Our Nutritionist will review your symptoms and assist your body through natural nutrition, supplementation, and lifestyle practice changes to re-balance the body so weight loss is no longer hindered.

Veronica Vargas, RHN Holistic Nutritionist, considers all factors which hinder weight loss and customizes a weight loss program for each client. She understands that we are all unique and require different nutritional and lifestyle changes to achieve a healthy and ideal body weight. Book your consultation call us at 403-769-0093

Under the right condition, only the body can heal itself.