

A Holistic and Healthy Approach to Weight Loss

Feel better, gain a sense of well being and learn healthy habits that will last a lifetime!

Obesity is a serious condition that affects many Americans and is one of the treatable causes of many chronic diseases. There are secondary causes of obesity, so it is a good idea to have medical supervision so you may lose weight safely and effectively. Our program will use evidence-based strategies to help you lose weight and keep it off.

Our program includes:

- History and physical exam
- Information on healthy eating
- Increasing activity in your busy life
- Vitamin and supplement recommendations
- Body Mass Index calculation
- EKG (if indicated)
- B₁₂ injections (if indicated)

Our program is affordable and customized to your individual needs. We provide the support and direction that other programs lack.

Contact us today to start on your weight loss journey!

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