



BEFORE **AFTER**



Did your last **weight-loss** program leave you a little **frustrated?**



Have You Tried Every Weight Loss Program?

We meet so many clients that have tried just about every weight loss program out there. Either with little or no long term results to show for it. The reason for this is that losing weight is not a one size fits all process. At Lifetime Fat Loss Centers we realize that every patient is different, and we work hard to make sure you achieve the results you're looking for.

The Reason for Our Success

The reason we have so much success with weight loss at Lifetime Fat Loss Centers is because we know that everyone's reason for weight gain can be completely different. Weight gain for some patients results from stress or poor lifestyle choices, and for others it can be more complicated.

Losing weight can be frustrating. But it doesn't have to be.



To find out more about our **Ultimate Lifetime Metabolic Program**, schedule your consultation by calling:

651-644-7207

or go to www.stpaulnaturalhealth.com and fill out the appointment request form.

Get ready to make the changes that will last a lifetime!



ST. PAUL CHIROPRACTIC
& Natural Medicine Center.

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Underlying Challenges

It's not uncommon for us to find that some people are pre-diabetic and need assistance with handling blood sugars. Others may struggle with weight loss because of infections or conditions like Hashimoto's Thyroiditis. Your bodies inability to detoxify may also be a key player in your ability to metabolize body fat.

We address all of your unique challenges, customizing your program based on your individual needs.



Genetic Testing

At SPCNMC Lifetime Fat Loss Center we use Genetic Testing to determine the right plan for you. A well-known clinical study was performed by one of America's top universities, Stanford University. The purpose of the study was to determine if DNA testing was effective to assist in helping people to lose weight. When compared to other well-established and effective weight loss programs, those people that were on a meal plan that was specific to THEIR genetic profile lost 2.5X more weight than those that were not on an individualized plan.

The science clearly speaks for itself, and it's why we, utilize genetic testing to identify the best plan for you allowing us to put the CONTROL back in your hands! For the rest of your life, you'll know how to eat and to be as fit and healthy as possible.



Beyond Scale Weight

According to the National Weight Control Registry there are about 108 Million people on diets in the United States, and these dieters make about 4-5 attempts each year.

There are about 220,000 people with morbid obesity, and the cost for bariatric surgery can range from \$11,500 to \$26,000.

Another study by the American Journal of Preventative Medicine estimates by 2030 about 42% of US adults could be obese adding \$550 billion to health care costs.

Obesity also brings increased risk for other diseases such as diabetes, heart disease, cancer or even stroke.

There's no better time than RIGHT NOW to make changes to your current lifestyle.

Not only will you feel better about yourself, but these changes will impact you and your entire family for a LIFETIME!!