



What is The Healthy & Active Metabolism Program?

"Although I don't eat very much, I can't seem to lose weight. It must be my metabolism". Sound familiar? We are introducing a new metabolic analysis system, through blood testing, that will help you and your health care practitioner determine your current physical and emotional state so that we can provide specific advice on how to improve your metabolic and glandular systems. As part of the program you will receive a personal nutrition program and suggestions for exercise and emotional work to help you improve your general state of health as well as to boost your metabolism and maintain weight loss. By optimizing your nutrition, you may see dramatic positive changes

in your health such as:

- weight regulation without fasting or feeling hungry
- improved blood test results
- better digestion
- an increase in energy and general well-being
- improvement of chronic disorders

If you are interested in participating in this program please call us at 839-1198 to book your appointment. Costs will include: blood test (approximately \$100), metabolic analysis report (\$160) plus any visits with Carp Ridge Natural Health Centre Staff (Naturopaths, life coaches, etc.)