

# Investing In Your Health

**L**ynn at 60 years old, was in early retirement and had a vision. She had decided it was time to put herself first and invest in her health. She had a fairly, strong background in Nutrition, however she also recognized success meant commitment and accountability. She began with a Saliva Hormone Test and transitioned into the Avita Weight Release System. She quickly became comfortable with the guided Lifestyle Modifications in combination with the Homeopathic Weight Loss Formula, finding it easier than anticipated. Within 3 months, she reached your goal of losing 30 lbs and moved into maintenance. With the Weight Release System and supplementation her hot flashes became minimal and her sleep improved. She said the program gave her the kick start and accountability she required for success. Goal Orientation with an accountability partner was also key.



**Kelly- Pharmacist**

**Enhancing our Metabolism is key** to our success and our ability to maintain our weight loss goals. As we transition to a Maintenance Program and create our own success habits, modification of our **metabolism** with our Homeopathic Weight Loss Formula provides the foundation and support our body seeks. Unfortunately, **Menopause works against our Thyroid** and slows our Metabolism making it very challenging to lose weight & maintain your desired goals.

**Weight Release is an investment in your health.** However, it must be reasonable and sustainable. It's time to shift your mindset to positive and through self-examination determine your challenges. For example, are you a stress eater? Do you struggle with Sugar cravings? Is your life full of social events? Be accountable and committed to your health.

As Women age and transition through **Peri-menopause and Menopause**, they may begin to experience sudden inexplicable **weight gain** and other symptoms such as **low energy, depression, irregular cycles, hot flashes, night sweats, insomnia and more.**

Many women exercise regularly with no success in releasing unwanted weight or body fat which can be extremely frustrating and discouraging. In fact, they often continue to put on the pounds with little to no control.

**Targeting a Weight Loss Program specific to Menopause** provides women with an opportunity to not only lose body fat but also maintain their new & improved body shape moving forward. Its not just about losing fat, its also about maintaining your weight loss goal with confidence, months & years ahead. It takes self-examination and commitment to invest in your health! **Lets get started...Call NOW or TEXT 416-884-8444** to book your **Complimentary Consultation** or email Kelly, [kelly@avitaintegrativehealth.ca](mailto:kelly@avitaintegrativehealth.ca)

## Avita Specialty Weight Loss Clinic

### The Menopause Diet

Supervised by a Pharmacist & Nutritionist

**CALL or TEXT to BOOK YOUR  
COMPLIMENTARY CONSULTATION  
416-884-8444**



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