

Weight release, not weight loss?

The **Weight Loss Journey** can often be one that feels impossible and frustrating. As we age and start to struggle with hormone imbalance this battle becomes even harder to win. We work out, eat healthy and yet our weight & body fat won't budge. Most research shows that **hormonal shifts, perimenopause and menopause** can be yet another reason for lack of success even with great efforts.

However is it Weight Release or Weight Loss we so desperately desire? We may consider weight release more permanent, never to be found.

My name is **Kelly Nolan** and my journey began in early 2012. At that time, I was going through some personal changes and needed to release some weight. My true needs were as follows: severe hip pain, low self-esteem and feeling generally unhappy with my body shape. I started our Weight Release System with no expectations and was overwhelmed with the results. Within two weeks my hip pain disappeared, my energy soared and I was on the road to success. In 2 months, I lost over 30 lbs and 6 years later have not re-gained. I truly believe in the success of our Weight Release System in re-setting the metabolism and creating a sustainable lifestyle.

Over the years I have made modifications to enhance the clients' success. For example, In September 2017 we began to re-incorporate the Saliva Hormone Test for women in Perimenopause and Menopause recognizing the connection between Weight Gain & Hormone Imbalance. This is a great tool for women struggling not only with weight gain, other symptoms as



Kelly - Pharmacist

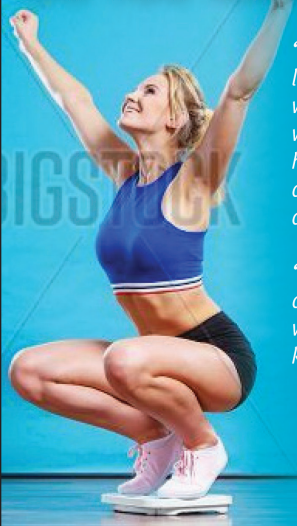
well such as anxiety, depression, hot flashes, irritability, mood swings, low libido, night sweats, and sleep issues (insomnia). Testing provides us with the opportunity to balance hormones & provide the client with a tailor-made program of natural pharmaceutical grade supplements. Drug free, Side effect free!

My vision is to assist our clients in establishing long term Success Habits and Consistent Lifestyle Changes (never referring to our program as a Diet!). After reaching their Release goal in Phase One, Women will transition to Phase 2, sustainable lifestyle & continued coaching to substitute bad habits with new success habits.

Many Women struggle with weight gain during Menopause which can not only affect their physical health but also their emotional health with low self-esteem and poor self image. There are times when our greatest success comes from working with a different approach and a positive accountability partner. At our age, it's all about putting ourselves first and staying healthy for our families.

Lets get started! Call NOW OR TEXT **416-884-8444** to book your Complimentary Consultation or email Kelly at kelly@avitaintegrativehealth.ca. Visit hormonetesting.ca. They are located at **245 St. David St. N. in Fergus (also Brampton, Hillsburgh & Orangeville)**.

IS YOUR BODY SHAPE A WEIGHT ON YOUR MIND? DO YOU WANT TO FINALLY GET THAT WEIGHT OFF... FOR GOOD?



"I have tried every diet out there with some temporary success, losing around 20 lbs. After a few months, I am back up with more. I contacted Kelly, as with most women in their 50's; I was starting to experience health problems associated with the weight gain. Their program is distinct from the others because of it's homeopathic approach to address more than what goes in your mouth. It was attractive to me because it is using scientific research and natural products to assist me." - PAT

"My name is Liz and I just turned 65. I started with the program in May 2019 after my cruise, determined to lose at least 20 to 35 lbs. I have worked with many programs, always gaining the weight back! I was guided with kindness and it taught me the value of a positive mind-set." - LIZ



it's time Call or text **416-884-8444** & let's get YOU started!

The Menopause Diet

Lose ½ to 1lb per day

