

Menopause & My Weight Loss Journey

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.

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 lose some weight. My **true needs were as follows: severe hip pain, low self-esteem and feeling generally unhappy with my body shape.** I started the weight loss program 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 Homeopathic Weight Release System which burns stubborn fat in unwanted places and re-sets the metabolism.

Over the years we have made modifications to enhance the clients' success. For example, In September 2017 I began to 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



Kelly- Pharmacist

as well such as anxiety, depression, hot flashes, irritability, mood swings, low libido, night sweats, and sleep issues (insomnia). Testing provides the client with the opportunity to balance hormones 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!). During Phase #2, the Membership Program, clients are monitored for continued success and accountability, transitioning to Maintenance.

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. Our greatest success comes from working with a positive accountability partner thru a guided lifestyle modification. 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**. Also visit **hormonetesting.ca**. They are located at **245 St. David St. N. in Fergus**.

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

