



I recognize weight gain can be sudden and often attached to other symptoms such as low energy, anxiety, depression, hot flashes, insomnia and more. You work out, eat healthy, yet your weight & body fat will NOT budge. As another 10 lbs magically appears, we become extremely FRUSTRATED & DISHEARTENED. Disliking and despising the image we see in the mirror!

I understand women's struggle with weight gain during Menopause which affects not only their physical health but also their emotional & spiritual health

The Avita System is a simple, easy to follow system for busy women who are on the go, work from home or just simply want to make a positive change in their health and lifestyle. Our ideal client is seeking accountability, a sustainable lifestyle modification and a guided shift in Mind Set & Heart Set.

Our system is based on self-examination and an understanding of your own challenges. The Avita System is an investment in your health, a time to put #1 First and become the best version of yourself.

## CONTACT US TODAY!

### HORMONE TESTING & WEIGHT LOSS

BRAMPTON, THE GREATER TORONTO AREA & DUFFERIN COUNTY

call or text: **416-884-8444** | w: [hormonetesting.ca](http://hormonetesting.ca) | e: [kelly@avitaintegrativehealth.ca](mailto:kelly@avitaintegrativehealth.ca)

**Brampton:** 7X Fitness, 164 Sandalwood Pkwy E, Unit 125  
**Hillsburgh:** 11 Mill Street

**Fergus:** Little Falls Business Centre, 245 David St. N.  
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## 5 Pieces Of The Puzzle & Our 100 Day Challenge



### STEP 1: Mind Set Check-In: Heart-Set

Mind Set & Heart Set are the fundamental keys to our continued success. The mind must shift in order for our weight to shift. Step # 1, is a discovery call to determine & discuss the clients true needs. This is also an assessment of challenges, barriers and limited beliefs.



### STEP 2: Body Imbalance & Saliva Hormone Testing

Menopause is a phase, not a disease. The Saliva Hormone Test provides the client with a clear understanding of the link between hormone imbalance and the symptoms they are experiencing. There is always a natural solution which often does NOT involve medication, birth control or HRT.



### STEP 3: Hormone & Health Assessment: Physical Component

Reviewing the Saliva Hormone Test alongside the Health Assessment provides the tools required to Customize an integrative program for the client of either natural supplements, bio-identical hormones or a combination of both depending on the results, symptoms, areas of concerns and the clients preference.



### STEP 4: Weight Release & Guided Lifestyle Modification

The Avita Weight Release Program is a simple, easy to follow system for busy women who are on the go, work from home or just simply want to make a positive change in their health and lifestyle.

Our Weight Release System includes:

- 1) 100 Day Sugar Challenge (100 Day Plan To Be Exceptional)
- 2) Our Highly Successful Homeopathic Weight Loss Formula
- 3) Guided Life-Style Modification & Life Coaching
- 4) On-Line Group or 1:1 Meetings for Accountability
- 5) The Avita Advantage: 1:1 Meetings with our Founder & Pharmacist, Kelly Nolan



### STEP 5: Building Out Your Morning Success Habits: Emotional & Spiritual Component

Destruction of old habits & creation of newhabits that will better serve the client for continued success leading into maintenance & real life.

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