



BE E BEAUTIFUL STRONG & SMART

6 Months to Wellness

A program structured from evidence based science and objective assessment tools to guide you (not guess) to meet your goals of weight loss, fitness, stress reduction, improved nutrition, pain relief, and overall health improvement.



CHIROPRACTIC & FAMILY WELLNESS PC
— GUIDING YOUR FAMILY TO WELLNESS —



BE E BEAUTIFUL STRONG & SMART

With chronic diseases on the rise (heart disease, strokes, diabetes, cancers...), and the lack of scientific, evidence based approaches to prevention, people are left guessing and try different approaches with no long term health gains. Information is everywhere but ascertaining fact from fiction is hard work.

The 6 Months to Wellness Program is designed from scientific, evidence based sources with no guess work.

It is customizable to every single patient's needs and goals.

It is life changing not short term focused.

It is easy.

Your health status and progress is measurable and quantifiable using the latest and most up to date reliable outcome assessments tools.





BEAUTIFUL STRONG & SMART

6 Months to Wellness

A program structured from evidence based science and objective assessment tools to guide you (not guess) to meet your goals of weight loss, fitness, stress reduction, improved nutrition, pain relief, and overall health improvement.

Schedule your wellness evaluation or contact us for further information:



CHIROPRACTIC & FAMILY WELLNESS PC
— GUIDING YOUR FAMILY TO WELLNESS —

www.GuidingYourFamilyToWellness.com

804-594-1998

1- Receive Your Health Risk Assessment:

A detailed review of your health and wellness status, body composition analysis, ratios and measurements, strength, blood pressure, 3 day food recall, diet composition, calorie measurements, lifestyle assessment and **orders** for chronic diseases screening lab work. (Labs are charged separately)

2- Review your results:

A one to one consultation to review your results and chart a course for your future health.

3- Attend The Workshops:

Workshops to incite lifetime wellness habits not short term behavior changes.

4- Take Your Supplements:

Supplements to make you sufficient in nutrients, boost your energy, boost your immune system, boost your digestion and reduce your inflammation.

5- Use Your CD and DVD:

An exercise DVD for a home workout and a relaxation CD to help you sleep, reduce stress and decrease stress hormones.

6- Get Your Adjustments and Massages:

Therapies to enhance body functions, improve energy efficient strain free movement and decrease stress.

7- Review Your Results Regularly:

A one to one consultation to review your results and discuss your goals for the next phase.