



*It's not a diet
it's Called Eating Healthy*



Live Well... Age Well

Each of our **Well Life Nutrition Programs** are designed to help you tap into your body's natural ability to be slim and healthy and stay that way (without the worry of counting calories or hours of rigorous exercise)!

Food is your most powerful tool to combat, heal, and actively avoid every kind of nutrition and lifestyle related disease. There are specific nutrients for specific health issues and our programs equip you to take your health and the health of your family into your own hands-in your own kitchen! When you eat nutritionally, you can eat more and feel energized. These programs are geared toward your body's own ability to heal itself and let go of the weight and/or inflammation it no longer needs -not starve.

Why not eat more of the right things than less of everything?

www.WellLifeFM.com

Body Composition Testing (Single Session)

-\$15 Free for LiveWell Members

What's the difference between weight and body fat %? We'll show you what you're 'really made of' and give you a comprehensive recommendation of the best direction for you to go from here with your diet, exercise, and lifestyle.

Basal Metabolic Rate Testing (single session)

-\$50 initial, \$35 follow-up; 5 free follow-ups for LiveWell Members

Find out how many calories it takes to keep you going! Having your Basal Metabolic Rate tested will give you a better understanding of the calories you're working with and how to make those calories work for you!

6, 8, or 12 weeks to your goal?

This progressive approach is designed to give you the time and attention you really need to retrain your habits and achieve the best possible results. For each program, we will assess your individual baseline health, your goals, and your ability in order to determine whether a 6, 8, or 12 week duration is necessary for you to achieve your desired results. We will meet with you bi-weekly, measure your progress, and reset your next two-week 'assignments'. The results will be tailored just right for YOU!

**The cash price is \$70 per visit,
so 6 visits = \$420; 12 visits = \$840**

If you have insurance and pay a copay then it would be your copay (usually 10-35 dollars per visit). If your copay is \$15 then the total cost of the program would be \$90

Contact Us: (806) 355-9355

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Nutrition Rx

Food is medicine. If you have any diagnosis whatsoever -hypertension, diabetes, an autoimmune disorder, hypo or hyperthyroidism, Parkinson's, Lyme's, Neuropathy, M.S., etc. - what you're eating makes all the difference. Let's get to the root of the problem. This program is your own personal nutrition prescription for symptom relief so that you can finally have your life and vitality back. This program will help teach you to use food as medicine, fuel, and energy for your body, health, and life.

Metabolism Makeover

There is no one-size-fits-all weight loss program. Everybody works differently. This program is about finding the right approach for you. This program will guide you through essential improvements in your daily lifestyle and how to make health decisions that work with your body, not against it. Sustainable weight loss is a natural result of health, so we'll guide you into developing your own optimal metabolism and naturally drop the weight you don't need to carry. You'll gain confidence and energy levels in a trim body that functions well.

Dare to Detox

Maybe you've noticed that your health isn't exactly where it needs to be, but you don't exactly know how you got there or where to start making things better. A detox may be exactly what you need to clean things up and reduce the inflammation, so that your body can effectively begin to function in your favor instead of remaining in a state of constant defense. We'll help you "clean house" with the right nutrients, sleep, and stress management to reset your body. We'll get you in the right place to finally effectively begin working on those health and weight goals you've been wanting to achieve.

Healthy Hormones

Hormonal imbalances can zap your mood, energy, and your ability to enjoy your family. This program will teach you to balance your hormones to optimize your energy, vitality, and sleep! You'll learn easy and tangible ways to befriend your body and to recognize and crowd out the foods, habits, and daily choices that interfere with your body's production of hormones. You'll learn what it takes to bring your body and your hormones back into the balance you were always intended to have.

Eating for Energy

It takes energy to make energy, but most of us just feel too worn out to even begin to try. In this program, you'll learn what and when to eat, how to improve rest and restoration, and how to tap into and optimize your own natural energy. In a very short time, you'll have more than enough energy to make it through your day, work out if you want to, and still spend quality time with the ones you love.

Couple's Nutrition Coaching

Get healthy together. Whether you are newlywed or have been together for years. This program is tailored to fit both your needs collectively. We can gear your program goals toward weight loss, infertility, any specific diagnosis, or even just toward better health and vitality. This program is for couples who want to enhance their nutrition goals together with the support and accountability of a motivated partner.

Children's Nutrition

Start well, grow well. This is a special program for your little ones. From the tiniest babies, up to teenage children, we want your child to live well, free from disease, with plenty of the energy and all the joy that they're meant to naturally exude! Each child will receive the specific attention to their nutrition that they need. If your child has colic, food allergies, ADHD, Autism, reflux, or any other special situation (or maybe you just need a little guidance about what to feed them in this world we're living in) this program will equip you with the tools to nourish them well.

Men's health

Trying to gain muscle? Lose weight? Maybe you just want a healthy approach to boost your energy and testosterone? This program will teach you all that you need to give you the confidence and capability you've been missing. You'll achieve the energy, the physique changes, strength, and mental resilience you just haven't had the time or knowledge to maintain through the years.

Strategy classes:

Meal prep, shopping and label reading, proper portion sizes

In these three 1 hour classes, you'll learn what to eat, how to read labels to get the most out of what you're buying, and the right portions of each macronutrient on your plate. We'll teach you exactly how to have healthy food ready when you need it. You'll have a fridge full of fast, healthy options to choose from each week. We'll talk about how to change up your meals and how to eat in season. You'll take away a new efficient understanding of how to make each meal and portion size work for the health and body goals you've set to achieve.

Let us help you reach the goals you never dreamed you could achieve!

In addition to one-on-one personal coaching, support, and accountability, in each program and class, we also provide other visual guides, worksheets, meal plans, and learning materials to help our patients find healthy eating and lifestyle strategies that truly work in their lives.

