

Weight Loss Programs

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Happy New Year!

I hope everyone is motivated about starting 2014 off on a good note. With the New Year comes everyone's New Year's resolutions and hope to finally follow through on them (myself included!)

For everyone that has been thinking about continuing with your weight loss goals or just maintaining what you have achieved, I'm re-invigorated and here to help!

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Medifast Program

To date, my clients have done tremendously well on the Medifast program to achieve many of their weight loss goals, with my average clients losing more than 45 pounds! And with the proper guidance, many have transitioned and maintained the weight loss.

The problem that I have seen so far, though, is that most of my clients lost the weight so easily that they must have assumed that maintaining the weight loss would be just as easy.

THIS IS NOT THE CASE!

There are things not so easily described in the

Medifast book, which are crucial in transitioning your metabolism and digestive system to normal food intake.

Remember, I am committed to helping all my clients through THE WHOLE process of the program, but with so many clients, I can only help you if you let me know you need it. In most cases, clients aren't even e-mailing me once a week to update me on their current weight and many have not come in for their body fat composition tests.

A John Hopkins University study showed 80% of

clients maintain the majority of their weight loss after five years, if coordinated with a health coach, vs. only 20% maintaining on their own.

If I haven't talked to you lately or you haven't ordered any orders from Take Shape for Life, please call so we can get you back on track. I can also still get you the free packages of food the first two months if we set up a new account again. We are better equipped and staffed to help support you and are excited to help!

Read further to find out about our referral bonus program!

Advocare Program

Despite all the great things seen about the Medifast program, if you feel that the transition of the Medifast program was too difficult for you or not realistic to your current situation, I have recently come across a great, new type of nutrition program for the office that has significantly different components, but still unbelievably effective.

I was talking with one of my running buddies that I trained with for the Boston Marathon, and he told me about a nutrition program that he and his wife tried that incorporates a Cleanse and a Nutrition Program-in-one. It is called the 24 day Challenge from Advocare.

Of course, if a longer weight loss time-frame is required for your goals to

be met, you can easily go past 24 days- as I did.

My running buddy, of course, had heard of Medifast as well, but didn't feel like such a calorie reduced program while running 40 miles a week at high intensity would be feasible for him, so he tried this less aggressive program to meet his goals.

HOW DOES THE **Advocare Program** **WORK?**

Essentially the program “restarts” your body.

The “Cleanse” strips all the toxins, chemicals, preservatives, additives, and artificial products out of your digestive tract and re-introduces a “new” healthy environment for proper digestion and metabolism by refueling your body with all the essential vitamins, minerals, good bacteria, and enzymes that your body needs to function effectively. This not only turns your body into a more efficient machine for weight loss, it removes the

core reasons why we all “crave” foods and always eventually succumb to temptation!

Did you know some of the very additives that companies put in their food to make them “taste” better are the very reason why we crave them all the time?! It’s time for pay back!

Even though the weight loss is not quite as aggressive as Medifast (11 lbs lost vs. 20 lbs in a similar time-frame) I felt better energy-wise, ran 40 miles per week during the

24 day challenge and actually increased my running pace as I lost weight, I was also able to continue to eat the same way as the Challenge taught, even after I was done with my weight loss, because I had no cravings!

There was no transition such as in Medifast, as I was never eliminating certain food groups with Advocare, such as in the Medifast program where you have to transition back to “normal” food.

Which One Should I Choose?

There is definitely a time and place for both types of nutrition programs, and as I am now a coach and advisor for both nutrition programs, I am here as a guide to help all of you choose what’s right. I have to admit, the Medifast program was so successful for so many of my patients and other clients, I wasn’t fully prepared at the time to deal with the volume of clients wanting to try the program.

Now, however, I am re-energized and prepared

for the challenge for being your coach through this process. I will be available for advice, support, suggestions, regular email correspondence, regular mailings, updates, ect.

Let’s hit the ground running in 2014!

Call today and schedule for either program.

If you want advice on what program would be best for you, schedule an appointment for one of our upcoming nutrition classes.

We will also be having incentive discount deals for both programs and referral bonuses for clients that bring a friend/ family member to join the weight loss team.

We also want to make the process even more fun by having some competitive contests within the office by doing yearly contests that gives major prizes for highest % of body fat lost, %of weight lost, maintaining a weight loss goal for an entire year, ect.

I look forward to seeing you soon! - Dr. Metivier

REFERRAL BONUS:

\$20 OFF TOWARDS YOUR NEXT ORDER

YEARLY CONTEST WINNERS:

1, 2, OR 3 MONTHS OF EXCLUSIVE ACCESS TO OUR NEW HYPERBARIC CHAMBER! (\$1300-\$3000 VALUE AT 2 TIMES/WK)

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