

Wholistic Wellness Clinic Weight Loss Programs

Shape ReClaimed

A weight loss program for those looking for a **lifestyle change** to help decrease inflammation, strengthen immune function, detox, cleanse and release excess toxic weight. This **6 week program** includes specialized nanomolecular drops to help balance pH, fluid retention, aids in sleep function, supports energy production, aids in digestion to help decrease cravings and more! You will meet weekly with a practitioner for weigh-ins, urinalysis and support during the program. You will follow a specific diet for the 6 weeks and depending on what your body is detoxing will help guide the specific foods to be eating for maximum weight loss. The goal of this program is to lose 1-2 lbs per week and help guide you in making healthier choices when it comes to food and lifestyle.

\$699 investment includes initial 30 min visit, 5 weekly 15 min weigh in, weekly urinalysis, 1 bottle of Shape drops, Shape ReClaimed booklet, 10 min Shaker plate after each visit (if available) and email support during the week.

ChiroThin

A weight loss program for those **looking to lose 20+ lbs**; the **6 week program** includes the specialized formulated drops that aid in fatty acid transportation, fatty acid metabolism, and blood sugar stabilization that will increase metabolism and detoxification in the body. Drops are consumed three times per day for 6 weeks. This program is putting your body into a calorie deficit for 6 weeks for the drops to target excess fat in the body and detox. You will fast in the morning and then consume an anti-inflammatory lunch and dinner which includes a fruit, a vegetable and a protein. You will meet weekly with a practitioner for weigh-ins, measurements and answer any questions. It is not recommended to work out during the 6 weeks.

\$699 investment includes initial 30 min visit, 5 weekly 15 min weigh in & measurements, 1 bottle of ChiroThin drops, ChiroThin booklet, Food Dairy & Recipes, 10 min Shaker plate after each visit (if available) and email support during the week.

Meal Plan

We create a **specific food plan** based on your specific macros, how much protein, carbohydrates and fats to consume each day for a balanced diet to work towards weight loss.

\$35 investment includes 2 week meal plan that includes your grocery shopping list, meals and recipes. This is all done through an app on your phone where you can also go in and make changes as needed.

Weekly, every other week or monthly check-ins with Clinical Nutritionist will depend on patient's needs at an additional charge.

hA2cgEvolution Weight-Management Program

This **6 week program** mimics the original hcg diet, however it goes a step further; it detoxifies your cells and lymphatics specifically from metals and chemicals. This program is for someone who has been exposed heavily to metals and chemicals.

\$699 includes 30 min initial visit, 5 weekly 15 min weigh-ins and measurements, booklet and drops

Lifevantage GLP-1

Mind-Body GLP-1 system includes daily shake and supplement to help activate your body's natural GLP-1 to rebalance hunger hormones, decrease sugar cravings and changes your relationship with food. The products targets GLP-1 at the cellular level and support your gut biome to create a healthy mind-body connection. It is recommended to do program for **12 weeks, for best results.**

\$220 retail or sign up online through Dr. Cooper or Julie 179.99 for monthly subscription.