

EXCITTING NEWS!

EXCITING NEWS AT NUTRITION AND WEIGHT LOSS CENTER!!!

By Tricia Talerico, D.C., M.S., Nutr.

BIG NEWS #1

As a Clinical Nutritionist, there is nothing I enjoy more than being face to face with my clients. I feel that I am able to personally connect and get to know my clients' health journeys, struggles and road blocks. As you know, regaining and maintaining good health can be wrought with emotional, physical, behavioral and genetic challenges. Many of my clients battle autoimmune conditions, gut issues, hormonal imbalances, chronic pain, long haul Covid and weight issues. These conditions can seem so overwhelming that it is difficult to figure out where to start. Fixing intestinal permeability or leaky gut is commonly where we start to rebuild one's health.

Unfortunately, not everyone lives close enough to come to my office so I am currently starting a "virtual arm" of my practice. I have put together a comprehensive program that allows me to use diagnostic tools, such as InBody analysis and food sensitivities/candida/leaky gut evaluations. I am excited to offer this to clients that live out of the area or are just too busy to come to my office. Watch my Instagram and Facebook for upcoming details. We will also be posting on our website, Google My Business and Twitter.

BIG NEWS #2

Just in case you haven't heard, I am back to adjusting patients in my office. Chiropractic will always be a very important part of healthcare for everyone. Yes, chiropractic does take care of our aches and pains and that nagging sciatica, but it is so much more than that! Regular chiropractic care ensures that our spine and nervous system stays mobile and functions optimally. Every system in our bodies depend on messages from our nervous system. We cannot digest our food, move a muscle or pump blood through our heart without the nervous system. These are only a few examples of the power of the nervous

system. So, when was the last time you had your spine and nervous system checked?

BIG NEWS #3

If you haven't heard yet...

Introducing an exciting new product, **HiPhenolic**. It is a high-concentration, purified polyphenolic blend that has been scientifically demonstrated (in clinical trials) to help with appetite control and satiety by increasing production of GLP-1 hormone in the brain and reducing ghrelin (hunger hormone) secretion. GLP-1 actual-

ly delays gastric emptying into the small intestine, so you can feel full faster and longer. **HiPhenolic** has also been proven to reduce blood pressure, lower LDL-C levels and improve our body's ability to burn fat efficiently. It is completely decaffeinated so there are no "jittery" side-effects. We have just begun to use this product in my office and are seeing promising results.

These are just some of the exciting new things we are doing at Nutrition and Weight Loss Center of Ocean. Check out our website, Instagram, Facebook and Twitter for updates, testimonials and education.

IMPROVE YOUR HEALTH... IMPROVE YOUR LIFE!



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