



Ketogenic Weight Loss and Transformations 360

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

As a society we have made huge strides in modern food manufacturing processes, yet we have failed miserably at improving the health of Americans. Just listen to these appalling statistics:

**1 out of 4 Americans are on one or more lifestyle induced drugs*

**25% of adults over the age of 40 are on a statin drug for cholesterol*

**87 million Americans are pre-diabetic or diabetic*

**72.2% of the population is obese or overweight*

**31.8% of children in America are obese or overweight*

In Paleolithic times, our ancestors ate mostly vegetables, some fruit, nuts and animal protein. This was a diet high in fats and protein, low in grains and sugars. Our bodies were not designed to eat large amounts of refined sugar, HFCS, cereals, breads, potatoes, GMO foods and pasteurized milk products.

A ketogenic weight loss program is a tried and true method for losing body fat, especially around the abdominal and hip areas, and improving one's health. Abdominal fat in the abdomen and hips contributes to an increased risk for insulin resistance, Type 2 diabetes, and results in increased inflammation in the body. As we know, elevating overall inflammation in the body puts us at risk for CVD, Alzheimer's Disease, and many other conditions.

The Transformations 360 Program is a ketogenic diet that is neither high in protein nor low in carbs, but rather is a biochemically balanced plan to help the body become incredibly efficient at burning fat for energy. It also turns

the fat into "ketones" in the liver, which can supply energy for the brain. The program is set up to remove food cravings, increase energy and lower cholesterol, triglycerides and blood pressure. Most weight loss plans fail because we end up losing muscle instead of fat. This is crucial because muscle is the body's calorie burning engine. So, when we lose muscle, our body's metabolic rate is lowered, so we have to eat less food in order to lose weight. This is crazy!

Transformations 360 is a 5 week program for sustainable weight loss. The great thing is that you get to eat whole, healthy foods and lose 15-25 lbs. in five weeks. How do we know you'll be losing body fat? Our weekly check-ins will include not just weigh-ins, but also measurements and Body Composition Analysis.

According to a book "Psycho-Cybernetics", a self-help book first published in the 1970s, it takes 21 days to break an old habit or create a new one. Here's your opportunity (with 2 weeks to spare) to create a lifetime of good eating and health habits and ditch the bad habits. Call us today as your life may depend on it.



**IMPROVE YOUR HEALTH...
IMPROVE YOUR LIFE!**

- ↓ Body Fat
- ↓ Diabetes
- ↓ Cholesterol
- ↓ Hormonal Imbalances
- ↓ Metabolic Syndrome
- ↓ Gluten Allergies
- ↓ Chronic Fatigue
- ↓ Gut Imbalances

Longevity is not a gift, it has to be earned. Discover a medication-free approach to better health, better energy and longevity. **ARE YOU READY?**

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