

Around Walton

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BestChoiceChanges Optimizes Health and Offers Breakthrough Solutions for Weight Loss

Do you feel like you need to reboot your metabolism?

Have you heard the same message over and over again? Eat less and exercise more! That has been the advice given to people struggling to manage their weight for decades. Many of those people ate less, skipped meals, even over exercised and killed their metabolism in their pursuit of health. What they end up with is metabolism that is stuck and they begin to feel there is no answer for them to look and feel healthy again.

You can reboot your metabolism! Advances in modern science reveal that there are multiple systems in our bodies that regulate appetite, fat storage and metabolism. Calories in verses calories out is not a formula used successfully by our bodies. The Pituitary, Hypothalamus, Adrenal and Thyroid glands, along with hundreds of hormones in the body all function together to accomplish the ultimate goal of running a complex metabolism that is responsible for our health, well-being and survival.

Think about **PHAT** this way. The **P**ituitary gland helps to control many body processes including growth, blood pressure, temperature regulation and the conversion of food into energy. The **H**ypothalamus controls body temperature, hunger, thirst, fat storage and sleep-wake cycles. **A**drenal glands produce many hormones which have important effects on blood sugar regulation, directly impacting the appetite. The **T**hyroid regulates fat metabolism and supports the use of protein and muscle strength. There is a lot more going on than we can imagine and the complexity with which these systems operate is mind-boggling. PHAT function is essential to health and weight management.

Unfortunately, when one system gets off, the other systems carry the load and become overworked. Eventually, the body fails to function properly and health is compromised, which for many of us shows up as fat storage instead of fat burning. So what we need is a reboot to get all of these systems working well together again.

Over 50 years ago, British physician, Dr. ATW Simeons developed a protocol for restored health and rapid weight loss with hCG. Using this hormone in combination with a very low calorie diet, patients lost a predictable ½ to 2 pounds per day over a 26-day period of time and restored the functioning of their hypothalamus.

BestChoiceChanges offers answers for those seeking improved health and weight loss of a few pounds to a hundred pounds plus. Using the research of Dr. Simeons, combined with the most recent scientific discoveries about metabolism and weight loss, BestChoiceChanges has developed a program to restore the systems of the body and synergistically produce wellness and weight loss using a proprietary blend of all-natural, homeopathic drops combined with a diet of fat-burning, low-glycemic, nutrient-rich, healthy foods. As the root causes of weight gain and

*Robyn Gruber (left) and
Jill Burnett, RN*



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fat storage are corrected, health is restored and maintained. You get a reboot and can then safely lose ½ to 2 pounds per day.

Thanks to BestChoiceChanges, one East Cobb resident is healthier and 100 pounds lighter. She is just one of the hundreds of successful, satisfied BCC clients who have restored their health and lost pounds and inches. In fact, there are over 1000 success stories at BestChoiceChanges!

In February of 2011, Robyn Gruber, Licensed Professional Counselor in East Cobb, never believed she could look and feel like she does today. After numerous failed attempts and years of yo-yo dieting, she decided to give it one more try using the BestChoiceChanges' weight loss program.

After only a few months she had lost 40 pounds and her body began the process of restoration. Over the course of 10 months, a transformation occurred. Her overall health improved dramatically: lower cholesterol, triglycerides, BMI, blood pressure and blood sugar – all restored to a normal range. And as the pounds fell off, she lost more than seventy inches over her entire body.

"When I started this I never believed I'd be where I am today. I had tried and failed so many times and my body was so out of balance that it wasn't able to do what I needed it to do. The BestChoiceChanges solution was simple and motivating. It's not that hard to stick to a program when you begin to feel better than ever and you see the number on the scale go down almost every day."

The personal support and coaching provided by the nurses at BestChoiceChanges are what make the difference in success and failure. In addition to the initial consultation, clients have access to email, text and telephone coaching to help support their success.

Jill Burnett, RN, is BestChoiceChanges' representative in East Cobb. Jill has been in the nursing field for the past 18 years. In her personal pursuit of improved health, she successfully lost 40 pounds using BestChoiceChanges, and began



working with BCC to support clients who want to improve their health and lose weight. "Watching people's lives change as they become healthier is very rewarding. For me, it's what nursing is all about – helping people add years and quality to their lives."

Dieting never worked well and it never will; however, with the proper support and nutrition, balance can be restored and the body can heal itself and resume optimal functioning, efficiently burning fat and providing energy.

BestChoiceChanges can help you reboot your metabolism, lose weight and become a healthier you! To get started, contact Jill today.

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