



Healthy Weight Loss Program

Vitalchi Wellness Centre.

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Program Overview

We believe that weight loss is rarely as simple as a basic calorie equation. Underlying factors, either emotional or physical, and sometimes both, often play a significant part. It's not easy balancing everything that gets thrown at you in a hectic life. Stresses build up, you're short on time, convenience foods are 'convenient' (and even addictive), your diet become nutritionally deficient, your body becomes out of balance, the weight goes on, energy levels tumble, and you can easily start on a downward spiral that you somehow just can't break out of. Sound familiar?

Then join us at Vitalchi and kick-start your weight reduction journey today, learn how to lose weight naturally and keep it off!

You'll be walked through your easy, yet extremely effective program by our highly skilled clinical nutritionist, [Lina Capovilla](#).

As a qualified Clinical Nutritionist and Wellness Practitioner, Lina has a particular interest in supporting people to achieve their optimum health and vitality. She is passionate about helping clients to lose weight and feel great. By simplifying food and healthy nutrition, she will educate you with practical and do-able strategies on how to lose weight and keep it off!

She is a warm, down to earth, empathic and supportive practitioner who believes your weight loss journey is as individual as your personality. Therefore individualised treatment ensures the cause of your weight concern is addressed. The strategies used are practical and achievable for you!



Week	Consult	What you get
1	Initial 60min Nutritional consult with BIA	Bio Impedance Assessment, Dietary changes and at home assessments and forms
2	Testing consult	Bio Impedance Review, Blood glucose, blood pressure, mineral analysis, Iris Analysis, Thyroid, Iodine
3	Report of findings, overall health assessment, clarification of any health issues which hinder your ability to lose weight and dietary, nutritional, fitness and lifestyle strategies/solutions	Comprehensive dietary recommendations, nutritional products if required and lifestyle and fitness recommendations
4	30 minute consult to maintain focus and motivation with BIA	Mini review and refining of program & motivational support
5	30 min consult	Diet, nutrition, exercise & lifestyle review
6	30 minute consult to maintain focus and motivation	Review of how the program is going for you & motivational support
7	30min Nutritional Consult and BIA	Bio Impedance assessment, measurements, dietary, nutrition, fitness & lifestyle review
8	30 minute consult to maintain focus and motivation	Review how the program is going for you
9	30 min Nutritional follow up consult with BIA	Diet, nutrition, exercise & lifestyle review
10	30 minute consult to maintain focus and motivation	Review how the program is going for you
11	30 min consult	Diet and Nutrition
12	30min Nutritional consult with BIA	Final assessment to review attainment of goals

Program

So what does the Program Include?

- ❖ Initial 60 minutes Nutritional consult with Clinical Nutritionist
- ❖ 30 minute testing consult
- ❖ 30 minute Nutritional “report of findings consult” explaining why you find it so hard to lose weight
- ❖ 9 x 30 minute follow up Nutritional consults with Nutritionist
- ❖ Weight reduction tracking using the Bio Impedance Analysis
- ❖ Extensive Motivational support - with personalized advice to help you overcome obstacles to weight loss
- ❖ Simple to follow and convenient program with lots of healthy food
- ❖ Dietary plans, Meal ideas and nutritional support
- ❖ Fitness training and Exercise recommendations

Our 30 minute testing consult includes:

- ❖ Bio Impedance Analysis (BIA)
- ❖ Cholesterol
- ❖ Thyroid basal temperature testing
- ❖ Blood Glucose
- ❖ Mineral Absorption

Tell me more about the tests

Bio Impedance Analysis

The BIA is much more sophisticated and accurate than your bathroom scales, but just as painless and almost as quick. The BIA assesses your “body composition”, the measurement of body fat in relation to lean body mass by using a small electrical signal that is circulated through your body. It measures the impedance or resistance to the electrical signal as it travels through the water that is found in your muscle and fat. This differentiates between the amount of fat and muscle you have, which is not reflected by your bathroom scales. Muscle is heavier than fat so as you lose fat, you will gain muscle therefore the scales can give you limited information, which can be disheartening. By increasing muscle mass, your “Basal Metabolic Rate” is increased therefore you burn more energy and fat even when you are not exercising. This is an excellent tool to assess progress during weight loss and various other health parameters. The BIA is totally safe and it does not hurt.

Cholesterol Testing

Using a simple pin prick of blood, we are able to take a quick and accurate reading of your total body cholesterol levels. High cholesterol is associated with an increased risk of heart disease and metabolic conditions.

Basal Thyroid Testing

This quick and effective test was developed by leading Endocrinologist Broda Barnes, to facilitate the evaluation of hypothyroidism. Why it is so important to diagnose this condition is that like all glands within the body, it has far reaching effects on your entire being, whether it be psoriasis, depression, anxiety, weight gain, insomnia, hair loss, or chronic fatigue, the thyroid is one of the bodies master glands responsible for producing life enhancing hormones to bring you in a state of balance. Hypothyroidism unfortunately is one of the most undiagnosed conditions effecting today’s population, and a major side effect of an under-functioning thyroid is weight gain.

Blood Glucose

A blood glucose reading shows us what your blood sugar levels are up to in relation to the last meal that you had. Blood sugar levels that are not in the normal healthy reference range can indicate a predisposition towards type 2 diabetes, insulin resistance and metabolic syndrome. All conditions have weight gain as a consequence, so diagnosing these conditions and treating them accordingly is very important.

Zinc Tally Test

Zinc is important for so many enzyme systems ranging from liver function to DNA synthesis, serotonin production, sex hormone production, insulin production, stabilization of the histamine response, immune cell production and those that prevent free radical overload in your body. Just to name a few! Zinc is required for the production of hydrochloric acid that is essential to break down your food and extract all the goodness from it. Thus zinc depletion is the cornerstone of many nutritional deficiencies.

How much does this program cost?

The normal cost of a program like this is as follows:

Description	Cost
60 minute Initial Nutritional Consultation	\$137
Sanctuary Wellness Weight loss Booklet	\$20
30 minute Pathology Testing Consult Tests: Blood Glucose Blood Pressure Mineral Absorption Analysis Cholesterol Testing Iris Analysis Thyroid test (Basal body temperature) Iodine indicator	\$82 Total cost of tests \$ 84
Report Of Findings	\$82
30 minute comprehensive nutritional follow up consults with weigh ins and measurements x 2	\$164
30 minute follow up nutritional consults to maintain focus and motivation x 7	\$574
Bio Impedance Analysis 5 x \$37	\$185
Total	\$1,328
Package Investment [Special]	\$699
Your Saving	\$629

Invest in your personal Weight Reduction Package

Lose Weight and Save over \$600

Our 12 Week program at \$699 is only **\$58.25 per week**

Compare this to other weight loss programs and you will see that you receive great value.

Program	Cost	What's Included
Light & Easy	\$133 - \$ 144 per week	All meals for a week
Tony Ferguson	\$24.95 joining fee & \$45.50 per week	Meal replacement shakes and soups
Jenny Craig	\$143.15 per week	Meal Replacement shakes and soups & weekly appointments
Vitalchi Weight Loss Program	\$58.25 per week	<ul style="list-style-type: none"> • One on one consultations • Range of biomedical testing • Personalised weight reduction plan • Comprehensive one on one support all the way. • Education and lifestyle strategies to support you to maintain your ideal weight

Take advantage of this amazing offer and take back control of your weight and health NOW!

Call 9894 0014 and book in to lose weight