



Weight Reduction Program

Program Overview

We believe weight loss is rarely as simple as a basic caloric equation. Underlying factors, either emotional or physical, or both, often play a significant part. It's not easy balancing everything that gets thrown at us in our hectic lives. Stresses build up, we're short on time, convenience foods are 'convenient' (and even addictive), our diets become nutritionally deficient, our bodies become out of balance, the weight goes on, energy levels tumble, and we can easily start on a downward spiral that we somehow just can't break out of. Sound familiar? Then join us at Vitalchi and kick-start your weight reduction journey today!

You will be walked through our simple yet highly effective program by our highly qualified practitioners:

Tess Sweeney is a qualified Nutritionist with a specific interest and passion in supporting clients with their weight loss. She completed a Bachelor of Health Science in Nutritional Medicine from the Australian College of Natural Medicine, in Melbourne. Tess is a warm empathetic and supportive practitioner who recognizes your weight loss is as individual as your personality. Therefore individualised treatment ensures the roots of the individual's weight concerns are addressed.



Carol Goddard is a highly intuitive Life and Soul Coach, who has a wealth of experience in understanding human behavior and assisting people to heal. Carol has the unique ability to gently and clearly assist you in moving through what ever issues you are facing such as feeling stress and anxiety, sadness or shame or feeling over weight.



Save over 25% with the Vitalchi Weight Reduction Program

Our 10 Week program is only \$54.90 per week

Program

Week	Consult	What you get
1	Initial 60min Nutritional consult	Dietary changes and forms
2	Testing consult	Tests EIS, BIA continue diet
3	Report of findings, why you find it hard to lose weight and nutritional and dietary solutions	Diet and nutritional products
4	Life and Soul Coaching with Carol	Working with the mind
5	30 min consult with Tess	Diet and nutrition
6	No clinic contact this week	Diet and Nutrition
7	30min Consult with Tess and BIA	Diet and Nutrition
8	Life and Soul Coaching with Carol	Working with the mind
9	30 min Nutritional follow up consult with Tess	Diet and Nutrition
10	No clinic contact this week	Diet and Nutrition
11	BIA and 30min Nutritional consult with Tess	Diet and Nutrition

So what does the Program Include?

- ❖ Initial 60 minutes Nutritional consult with Tess Sweeney our qualified Nutritionist
- ❖ 30 minute testing consult
- ❖ Supermarket Shopping Tour – valuable information on how to shop healthily at the supermarket
- ❖ 30 minute Nutritional report of findings consult explaining why you find it so hard to loose weight
- ❖ 2 x 60 minute Group visualisation and life coaching sessions with carol
- ❖ 4 x 30 minute follow up Nutritional consults with Tess
- ❖ Weight reduction tracking using the Bio Impedance Analysis

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 Impedence Anlaysis

The BIA is much more sophisticated than your bathroom scales, but just as painless and almost as quick. The BIA uses a small electrical signal that is circulated through your body. The BIA measures the impedance or resistance to the electrical signal as it travels through the water that is found in your muscle and fat. The more muscle a person has, the more water their body can hold. The greater the amount of water in a person's body, the easier it is for the current to pass through it. The more fat, the more resistance to the current. The BIA is safe and it does not hurt. In fact, the signal used cannot be felt at all either by an adult or child.

Cholestrol 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 affecting today's population, and a major side effect of an underfunctioning 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 do 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

Shopping Tour

Also as part of your weight reduction package, Tess Sweeney our qualified Nutritionist will take you on a shopping tour to educate you to choose healthier options from our supermarkets. Find out about current healthy food choices, reading food labels and being a smart supermarket shopper. Grocery shopping can be challenging, especially given the quantity and variety of foods on our supermarket shelves. However, with the right knowledge and skills, choosing healthy foods can be made easy. Our goal is to not only help you to feel confident about what products to buy to feed yourself and your family, but to also help you enjoy and discover the "healthy side" of your supermarket. 'The tours are interactive and will benefit people who want to reduce their weight or improve other chronic lifestyle diseases. On the Supermarket Tour, you will learn how to read and interpret the information on a food label and how to differentiate between terms like low fat and reduced fat, light, salt reduced, no added sugar, organic and natural.

How much does this program cost?

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

Description	Quantity	Unit Price	Cost
60 minute Initial Nutritional Consultation	1	\$97.00	\$97.00
30 minute Pathology Testing Consult	1	\$167.00	\$167.00
Report of Findings	1	\$57.00	\$57.00
60 minute Life Coaching Session	2	\$57.00	\$114.00
30 minute Follow up Nutritional Consult	4	\$57.00	\$228.00
Bio Impedance Analysis Follow up	3	\$37.00	\$111.00
60 minute Shopping Tour	1	\$25.00	\$25.00
		Total	\$799.00

Normally \$799 but if you join our weight Reduction Program today you will save over 25%

Our 10 Week program is only \$54.90 per week

Compare this to other weight loss programs and you will see that you get a great amount of value.

Lets compare our program to other weight loss programs

Program	Cost	What's involved
Jenny Craig	\$140 per week	One on one consult per week with a Jenny Craig consultant and all meals
Light and Easy	\$128 - \$140 per week	All meals for a week
Tony Ferguson	\$15 joining fee and \$46 per week	Meal replacement shakes and soups
Vitalchi Weight Reduction	\$54.90 per week	One on one consultations, cholesterol, glucose and Bio Impedance testing (the most accurate way to measure weight loss as used by the Australian Institute of Sport), Individualized weight reduction plan, Clear understanding of why weight reduction for you may have been a struggle, Counseling to remove the mental blocks that prevent you from obtaining your ideal healthy weight