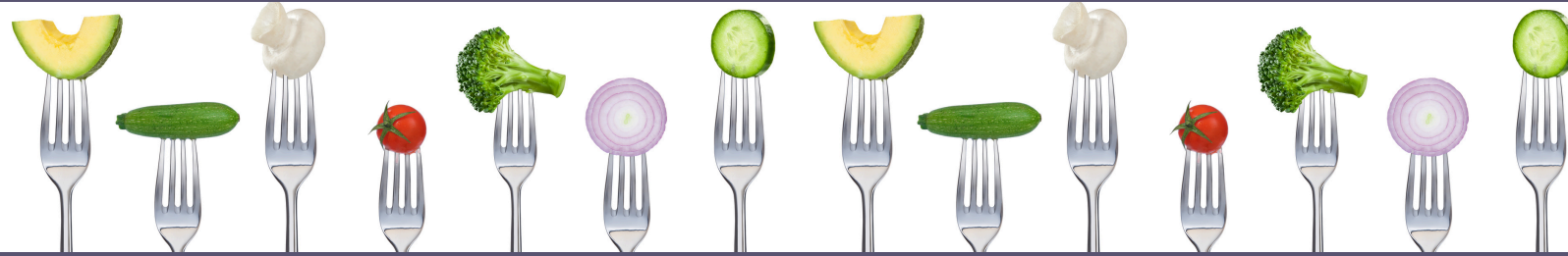


# Healthy Weight Loss Program

*Build a Foundation for Lasting Change*



Build a foundation for lasting change with science-based, practical tools to help you take charge of your health. Join Bloom Natural Health's Healthy Weight Loss Program, a four-week educational program geared to assess your metabolism beyond body weight, reduce the risk of chronic health conditions, and bolster your overall health and wellness.

## The Healthy Weight Loss Program Includes:

- In-Person and Online Meetings
- 14-Day Menu to Balance Blood Sugar
- Exercise Plan & Support
- Before and After Biometric Data Assessment
- Science-Based Educational Emails
- Access to Private Facebook Community
- Guidance from Naturopathic Doctors & Functional Nutritionist
- Metabolic Health Supplements

# A FOCUS ON METABOLIC HEALTH

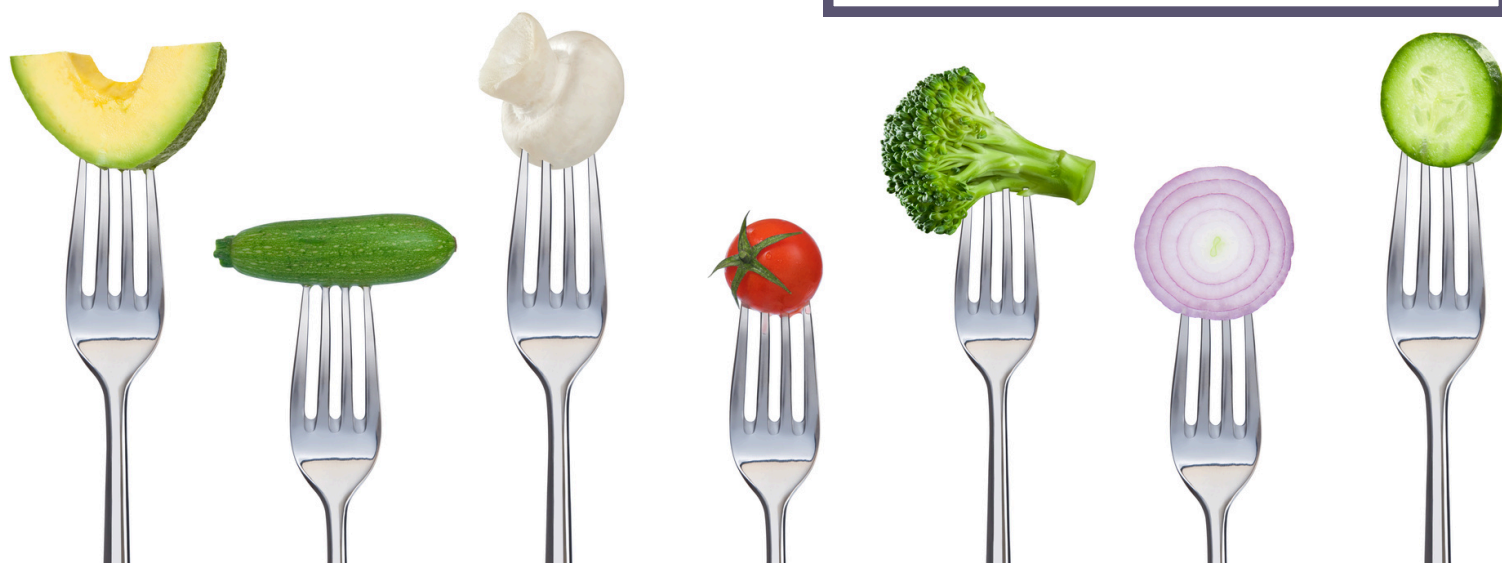
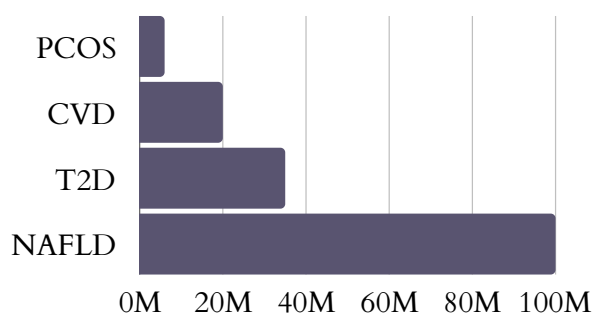
Metabolic health is the health of our metabolism - our body's function of getting glucose from the foods we eat into our cells to produce energy while keeping insulin levels low - the foundation of overall health.

When glucose levels remain constantly high (above 140 mg/dL during the day), this leads to chronic, long-term inflammation.

Long-term inflammation manifests in chronic diseases like cardiovascular disease, type 2 diabetes, polycystic ovary syndrome (PCOS), some forms of cancer and stroke. The good news is that these can be reversed through diet and exercise.

A 2019 study appearing in the National Health and Nutrition Examination Survey 2009 – 2016 found that only 12.2% of Americans were metabolically healthy even if maintaining a normal weight.

## CHRONIC DISEASE IN AMERICA





# Healthy Weight Loss



## Education Activates Empowered Wellness

Bloom Natural Health's Healthy Weight Loss Program is a four-week educational program geared to assess metabolism beyond body weight, and designed to reduce the risk of chronic health conditions through a lifestyle wellness approach. This program is for anyone with an interest in improving their metabolic health but especially designed for those who have insulin resistance diseases like Polycystic Ovary Syndrome (PCOS), Type 2 diabetes, Non-alcoholic fatty liver disease (NAFL), and cardiovascular disease.

## The Lifestyle Wellness Approach

Lifestyle wellness is an approach that uses daily, healthy habits to reduce, reverse, and even prevent long-term chronic diseases. There are six pillars of the lifestyle wellness approach that help you to *build a foundation for lasting change*:

- eating a whole foods plant-based diet,
- exercising daily,
- getting at least 8 hours of sleep each night,
- managing stress,
- engaging in social relationships, and
- limiting chemical substances like drugs and alcohol.

In this program, we share information on all pillars with a strong emphasis on nutrition, exercise, sleep, and stress management as these four pillars directly impact our metabolic health. During this four week educational program we will gather lab work and biometric measurements before and after the program to show the beneficial results of incorporating lifestyle medicine habits into a daily routine. We will be measuring height, weight, heart rate variability, body fat percentage, blood pressure, pulse, skin caliper measurements, and tape measurements of hip/waist.

There is also optional blood work before and after the program, and patients may contact you with a request to order the following labs: CMP, hsCRP, lipid panel, C-peptide, insulin, HbA1C, and Apo-B.

**In working together we can help lower chronic health diseases.**

## HEALTHY WEIGHT LOSS PROGRAM AT A GLANCE

- Address the basis of health through diet and lifestyle changes
- Connect with other program participants in a private Facebook Group
- Receive healthy, simple recipes and snack suggestions
- Ask questions of Bloom's doctors and functional medicine nutritionist
- Eligible for both HSA and FSA
- All participants in our pilot program reported benefit

## About Bloom

**Dr. Sharon Hunter, Dr. Christine Loudon, and Dr. Elisheva Neffinger**, licensed Naturopathic physicians, provide thoughtful, science-based natural healthcare in West Hartford, CT. Trained experts in integrative and functional medicine, the Bloom Natural Health doctors specialize in a comprehensive, individualized approach, with a focus on identifying and treating the underlying cause of symptoms. Bloom's doctors apply natural therapies to help you to strive toward your optimal health and wellness!

**Lisa Scoma** is a functional medicine nutritionist with her M.S. in Human Nutrition from the University of Bridgeport. Lisa incorporates easy, delicious, and healthy recipes using Mediterranean Diet concepts into a wellness lifestyle approach.



Dr. Christine Loudon



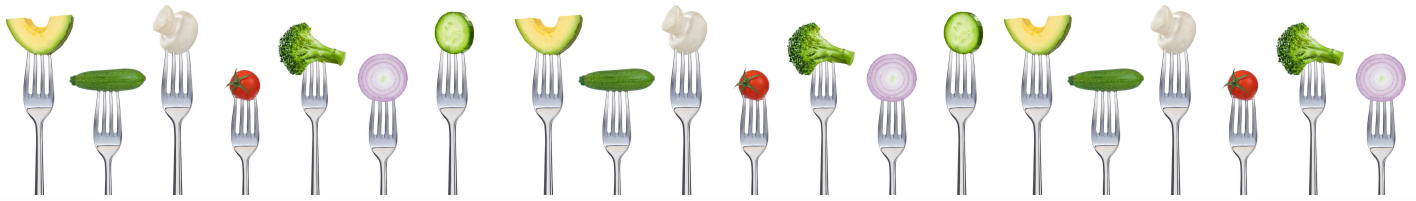
Dr. Sharon Hunter



Dr. Elisheva Neffinger



Lisa Scoma, M.S.



# Healthy Weight Loss Program

*Build a Foundation for Lasting Change*

January 21-February 24, 2025

## 4-Week Comprehensive Lifestyle Program Includes:

Four Meetings (Three In-Person, One on Zoom)

14-Day Menu to Balance Blood Sugar

Exercise Plan & Support

*Before & After* Biometric Data Assessment

Science-Based Educational Emails

Access to Private Facebook Community

Guidance from Naturopathic Doctors

& Functional Nutritionist

Metabolic Health Supplements

Pre and post program lab work will be ordered for current patients, and will be optional for all participants. Contact Bloom Natural Health or see our website for details.

**Sign Up by January 13, 2025**

Program Cost \$399

(\$499 with Supplements)

Please join us for a complimentary Zoom class with Dr. Elisheva Neffinger and functional nutritionist Lisa Scoma on Monday, December 16, 2024 at 6:00pm. (Zoom link on our website.)

Visit

[www.bloomnaturaldoctors.com/healthy-weight-loss-program](http://www.bloomnaturaldoctors.com/healthy-weight-loss-program)

or scan the QR code for more information



860-310-5559  
bnhreception@gmail.com