

# A New You!

Lose Weight – Feel Better – The Natural Way



## NEW YOU Healthy Living Weight Loss Program!

Are you discouraged with your New Year's resolution to lose weight and get healthy? It's not too late! Get started now with a special program offered by **Dr. Tanya Hudson**, owner of Hudson Naturopathic Clinic.

The NEW YOU program is a 12-week physician guided program using medical food and one-on-one guided care. The result - healthier, more energetic you! That's not all. You will also reduce your risk of cardiovascular disease and

diabetes, improve your body composition, reduce stress and feel better. The NEW YOU program includes: targeted nutrition, a medical food\*, eating plan, moderate exercise, and regular stress management.

**Sign up today and get a 25% discount.** The initial visit includes:

- Review of health history.
- Thorough physical exam.
- Body composition analysis
- Comprehensive blood work
- Review and discussion of NEW YOU program including recipes, sample menus, and patient webinar.

### Fees:

Initial visit \$225 (savings of \$75)

\$220 monthly for 3 months (includes 2 follow up visits per month and just for fun - a 30 min massage)

\*\*Medical food sold separately.

Call now to Make this the Year of You!!!

**Refer a friend and get one medical food canister for free (\$50 value)!**

**Is this the year for you to change your eating habits, lose weight and improve your overall health?**



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