

Weight Management

In the United States, the obesity rate has nearly doubled since 1990. A sensible diet along with exercise is key components of any successful weight loss regimen. But proper regulation of hormones is also crucial since they greatly influence appetite.

Self-Care

There's not one single eating program or weight loss method which will work for everyone. One way to stay healthy and lose weight is with a Mediterranean diet.

- [How healthy is your diet?](#)
- [Life stress questionnaire](#)
- [Exercise Options.pdf](#)
- [Medical Symptoms Guide](#)
- [Hormone Symptom Guide](#)

Recipes

One of the best ways to lose weight is by drinking thick, creamy protein smoothies that blend fruit, fruit juices, yogurt, milk and spices to add pizzazz. Our formulas include products packed with important nutrients: **Phytototality**, **Physio Whey Powder** and **Adrenal Power Powder**.

Supplements

Supplements can play a key role in a healthy weight management program:

- [MultiLogics® Once-Daily Formula with EGCG](#)– is an ideal supplement for anyone on a weight control program. This daily multivitamin delivers over 100% of the RDA for 17 vitamins and minerals, including Chromium. This unique blend also contains EGCG, a naturally occurring Green Tea ingredient popular with weight loss enthusiasts.