



Helping you achieve a healthy weight.



At CITAHEALTH we also address health concerns such as high blood sugar, high blood pressure, & osteoporosis.

Our professional staff have many strategies and methods for helping you seek the results you may want. We can get to the root cause of what is occurring inside your body and *why*.

## Our new methods are evolutionary.

CITAHEALTH offers information and strategies to achieve a **healthy body composition** *naturally*:

**DEFINITION:** ▶ a situation where your fat, muscle, *and* bone weights are in their recommended ranges.

We measure your composition with **X-ray technology**:

**DEFINITION:** ▶ the new safe, accurate, and reliable method of testing body composition, considered the “gold standard” for testing in Canada.

Testing results will reveal which of your weights need to be adjusted into healthier levels. A healthy body composition is achieved when fat, muscle, and bone are in their recommended weight ranges. We design a specific program to suit your needs.

The most common needs that we deal with are:

- Helping clients lose fat,
- gain muscle, and
- increase bone density.

These three weights are the only ones that change when you *gain* or *lose* weight. They are called the *active weights*.



Scale shy? No problem!  
We don't use scales!



We monitor *all* of your active weights because it is vital to avoid losing valuable bone or muscle!



Alex came to us because his insurance company wanted to charge him extra because he was considered "overweight" by current height/weight charts.

Our testing revealed he was in recommended ranges and Alex didn't have to pay extra.

It is important to understand that knowing your body composition is more important than standing on the bathroom scale. Scales only measure external body weight and cannot measure the internal weights that have shifted over time.

*Here's a common example:*

Over a twenty year period you can lose up to 15 pounds of muscle, especially if you become sedentary. During that time you may also have gained 15 pounds of fat. Standing on the scales, it looks the same as it did twenty years ago! But, as you know from looking in the mirror - you look different. You want your muscle back and your fat to go away!

**RESULT:** ▶ Your composition has changed, and only new, safe X-ray testing can measure these internal changes which have occurred.

When all of the active weights (fat, muscle, bone) are in their recommended ranges, you have achieved a healthy weight condition - a *Balanced Weight*.

**RESULT:** ▶ This means that all weights are in their healthy range for you, regardless of what the scales, height/weight or BMI charts may measure. They are no longer valid as assessment tools!

Inquire about our group or family plan and save!



We teach many natural strategies that have proven long term results. You deserve these results!

Our program is evolutionary, comprehensive and different from conventional "weight loss" clinics. We can help you with more than just fat loss.

Example results from some of our clients include:

Fat loss: 40 pounds,  
Muscle Gain: 18 pounds,  
Bone increase: 6%!

Contact us anytime to get started!

#### The Program Includes:

- Specific recommended ranges for all active weights,
- Advanced body composition analysis and interpretation,
- Personalized program with written report,
- One-on-one counseling and training,
- Natural strategies based on naturopathic reports,
- Access to our professional team which includes;
- Naturopath Physician & Personal Weight Consultant
- Osteopathic Physician, Kinesiologists, & Physiotherapist.
- plus more!

#### Program Outline:

- Pre and Post X-Ray Total Body Composition Analysis tests (to compare your results).
- 12 one hour training & counseling sessions & phone support.
- One session per week, for a total of 3 months.
- Sessions can be conducted at your home, workplace, or at our convenient Westside or downtown locations.

**There are two program options: the Starter and Full Program.**

Call us to start!

powered by:

**BALANCED WEIGHT**