

January Newsletter

Happy New Year!



January, 1 2019

Many of us make New Year's Resolutions and most are to in some way make our lives better than they were the year previous. Maybe its to stop smoking, reduce stress, change career paths, improve relationships, exercise more, eat better, or lose weight. Whatever it is, it requires resolve, determination and in many cases the support of others.

We all aspire in one way or another to be a better version of ourselves, but sometimes life gets in the way and we fall back into old habits and then accept that we just cant make the changes that we would like to make.

Being healthy takes some work to make the right changes and its not always easy. The best way to break bad habits is to create new good habits—turn bad choices into good choices until they become the new normal.

We all know that repeatedly making bad dietary choices leads to weight gain and that is linked to a host of potential health problems including hypertension, diabetes, high cholesterol, digestive problems, hormonal disorders, heart disease and certain cancers to name a few. With the increasing cost of healthcare for the consumer, increased deductibles, higher copays and out of pocket expenses—this can become a huge financial burden for many.

It is proven that just a 10% reduction in weight can lower a persons risk of disease by over 50% and that risk continues to drop as body mass index drops below 25.

The ChiroThin Weight Loss Program is a safe, fast and affordable program that is Doctor supervised to lose 20-35lbs in just 6 weeks. The program also includes dietary and behavioral guidance, as well as strategy to help maintain a long-term weight loss.

If you or someone you know is interested in a fast, effective, and healthy way to lose weight contact us at 724-223-0590 to schedule a FREE consultation.

Visit our Facebook page to see the many before and after pictures!



Have questions?

Shoot me an email winkchiro@comcast.net

Our methods are unique...because they are unique, we are often able to get results that no on else can!

Check out our website drwinkonline.com

