

Created by Nutritionists, Registered Acupuncturists and Fitness Professionals this program will help you save time and money, reduce your "metabolic age" and live a life without limits. This program may qualify under Acupuncture on your extended Health Care Coverage insurance plan.

Changes will happen quickly as your body has an innate sense of what is right and once it begins to work properly the barriers to weight loss and healing will be removed. Having a comprehensive personalized program examining the physical, chemical and emotional imbalances in your body guarantees a healthy progression to health and anti aging.

Some of the Benefits You May Expect from the Healthy Living Plan

- Weight Loss
- Loss of body fat
- Improved sleep
- More energy
- Improved complexion
- Stronger immune system
- Less anxiety/aggression
- Proper digestive system function
- Increased bone density
- Decreased risk of cardiovascular disease and other life threatening diseases



Due to the abundance of toxins in our environment you owe it to yourself and your loved ones to become the healthier person you always wanted to be! This program is not a diet this is a healthy living plan for the entire family.

Don't delay call BellaSante today!

BellaSante Spa 604 Prince Street, Truro, Nova Scotia Phone: (902) 843.4400

The Beautiful Health & Weight Loss plan was created to coach you along a personalized weight loss and lifestyle management pathway. Our comprehensive approach to your health uses the latest in acupuncture technology, goal setting and nutritional support. Our goal is to make sure you feel great, look fabulous and are truly healthy.

We have developed a unique three component program that addresses the physical, chemical and emotional elements of healthy weight loss and a balanced properly functioning metabolism. We take the time to fully measure

and investigate your health and appreciate how weight gain, stress, hormones and diet can affect the quality of your life. We care enough to recommend a customized solution that accounts for your lifestyle, health goals and availability for treatment.

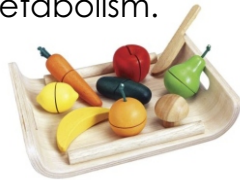
The Healthy Living Plan Pathway to Success

This 10 week comprehensive program consists of 3 major components including Laser Acupuncture, Balance Meals, and Physical Activity.

Laser Acupuncture

Acupuncture is a powerful tool in the rebalancing of your bodies' hormones and metabolism. We like it better without needles. Laser acupuncture is painless and our protocols are developed under the supervision of the FDA for weight loss. We have seen tremendous results using laser acupuncture on the ear points called auricular medicine, as well as points on the hand, leg and foot. These acupuncture points stimulate the reward centres in the brain and reduce cravings and help regulate the stress hormones that give us so many problems with our health.

The acupuncture points treated will: Decrease stress levels and anxiety, improve digestion, diminish appetite and overeating, stimulate the reward center of the brain, improve sleep, stop cravings and balance metabolism.



Balanced Meals

We recognize that there is so much information out there, that trying to decide what you should and should not eat can be confusing. It is our job as Health Care Practitioners to take the guess work out of Healthy Eating, and to guide and educate you to make healthy balanced meals for you and your family.

The program gives you plenty of balanced, delicious recipes as well as a Build Your Own Meals section to make it easy for you to follow our Healthy Living Plan. The meal selection consists of everyday foods, affordable and found in your local grocery stores.

Physical Activity

We all recognize the importance of exercise to keep our bodies healthy, and our Fitness Professionals will create an individualized program based on your likes, dislikes and your bodies needs. We provide you with simple effective suggestions on how to incorporate physical activity in your daily life, at home, at work and at play!

led by Nutritionists, Acupuncturists and Fitness experts this program will help you save time and money, reduce your "age" and live a life without chronic disease. This program may qualify under your extended Health Insurance plan.

Results will happen quickly as you gain an innate sense of what is best for you. Once it begins to work, the barriers to weight loss and chronic disease will be removed. Having a comprehensive personalized program addresses the physical, chemical and hormonal imbalances in your body for a healthy progression to anti aging.

Some Benefits You May Expect from the Healthy Living Plan

Weight loss
Reduced body fat
Improved sleep
Increased energy
Improved complexion
Strengthened immune system
Reduced anxiety/aggression

- Proper digestive system function
- Increased bone density
- Decreased risk of cardiovascular disease and other life threatening diseases.

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