

Healthier Me 2020

Natural Medical Solutions Wellness Center

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Weight Maintenance: What it means

Weight maintenance is something different for every person. It includes weight gain and loss depending on the individuals needs.



Why weight loss?

Weight loss is important because being overweight can put stress on your body and cause health issues. This includes high blood pressure, joint pain, and diabetes.

Why weight gain?

Some people need to gain weight in order to maintain a healthy lifestyle. Being underweight can cause vitamin deficiencies, decreased immune function, and increased fatigue.

How we can help you

Here at Natural Medical Solutions, we focus on different areas of yourself:

1. Testing for allergies and other insensitivities
2. Blood testing for irregularities
3. Getting you on a regimented lifestyle
4. Figuring out the root cause what is going on

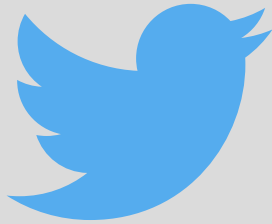
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