

IRH's Healthy Weight Loss Program

Learn how to easily manage your weight with the Institute for Restorative Health's Healthy Weight Loss Program !

There's much more to weight loss than simply counting calories. Most diets fail to succeed in the long term because they fall short in addressing many of the other complex physiological and psychological factors that are taking place.

For these very reasons, the Institute for Restorative Health has created a weight loss program to account for these many critical, yet less known factors that need to be addressed for weight loss to be successful.

IRH's *Healthy Weight Loss Program* reduces food cravings, increases the desire to exercise, creates a customized fitness plan unique to your needs, illustrates the importance of food and eliminates emotions associated with impulse eating.

Please call or visit us at the Institute for Restorative Health to learn more about our revolutionary *Healthy Weight Loss Program*. Classes are ongoing.

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