

## **Weight Issues**

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Have you tried just about every diet possible and had very little change in your weight? Even when you exercise, is it impossible to lose more than a few pounds? Can you lose a bunch of weight on a "**cleanse**" or "**diet**", and then gain it right back when it's over? Are you tired and drained from worrying about your weight?

If any of these questions ring true to you, you have come to the right place!

There is no question about it, excess or too little weight can be *extremely damaging* to your health. The longer the weight issues go on, the more likely you are to experience cardiovascular challenges, diabetes, and other chronic diseases. So, what can you do about it?

**Get professional support! Stop trying to lose weight on your own.** It might be that you have hormone imbalance, an autoimmune condition, blood sugar imbalance, food intolerances, or that you focus so much on your weight that you grow, physically!

Whatever the case, it is important to use a doctor, who looks at your *whole body* when determining the cause of your weight imbalance. **You are a whole person and every piece of you is connected!** When the right combination of support is given to your body, it will create its own balance physically, biochemically, and emotionally.

Yes, diet may be part of it, but "dieting" is never the answer!

I can imagine if you are here, you are completely ready for a change, physically and emotionally, so that you can feel incredible!

**It is very difficult to feel bad about yourself, and live powerfully at the same time.** We are each here to make a difference in this world, so stop letting your weight be the deal breaker and make the change! Let this article be confirmation that it's time.

Call the office to schedule a Comprehensive New Patient Exam or schedule a Free 15-minute consult to see if you are a good candidate for care. I look forward to working with you!