

Lifestyle Therapy is a **specialized therapeutic program** unlike any other. We target the underlying causes of chronic illness by incorporating a sensible eating plan, exercise, nutritional supplementation, and stress management.

“Weight-loss program participants who were guided by health coaches lost more than 9 percent of their body weight during a 24-week period.”*

Whats your weight loss goal?

We can help you achieve it.

Our Therapist

Donna joined the inBalance Chiropractic and Wellness team in February 2013. She graduated with a BA from the University of SW Louisiana. Donna is a Metagenics Certified Lifestyle Therapy Educator, and has recently attended seminars on Clinical Strategies for Restoring Energy and Optimizing Health, the 2012 Lifestyle Medicine Summit, Taking the Chronic out of Illness, Advanced Lifestyle Therapy, Healthy Detoxification, and Weight Loss



She enjoys tennis, cycling, skiing, cooking, and in her spare time, keeping up with her teenage son.

inBalance Life Style Program

Module 1

Week 1 - Exam, Muscle Analysis and Review, Goal Discussion, Guidebook Review

Week 2 - Food Plan, recipes, and personalized exercises

Week 4 - Review food plan, follow-up on goals.

Module 1 Education: Metabolic Balance, Supermarket Strategies, Planning Ahead

Module 2

Week 6 - Muscle Analysis and Review, and Goal Follow-up/Amendment

Week 8- Progress tracking, and solutions for staying active

Module 2 Education: Organic vs. Pesticide, Dining Out, Planning Ahead

Module 3

Week 10 - Muscle Analysis and Review, Progress Tracking, and Goal Discussion

Week 12 - Food and Stress

Module 3 Education: Stress, Positive Thinking, Mindfulness, and Sleep

Module 4

Week 14 - Muscle Analysis and Review, Moving Forward

Advancement

Beyond - Continued counseling as needed

Each visit with a Muscle Analysis is \$80. All other visits are \$50.

Muscle Analysis, also known as Bioimpedance Analysis (BIA), is a method of assessing your body composition, the measurement of body fat in relation to lean body mass. It is an integral part of a health and nutrition assessment. Research has shown that body composition is directly related to health.**