“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.

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.

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.**

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*American Council on Exercise, 2012   **Doylstown Hospital, 2016