

Valley Wellness

by **dr. lisa hunt** | photo by **dawn kelly**

The New Year is upon us and if you find yourself struggling with your weight, and the thought of another failed resolution leaves you feeling frustrated and confused, our staff at Valley Wellness is here to support you and restore your faith in a healthy life. We specialize in finding personalized wellness solutions that address the needs of the whole person, and build conventional and complementary therapies to promote optimal patient health, treat and prevent chronic diseases and help restore youthful vitality by addressing contributing factors from hormone balance to lifestyle.

Dr. Emma's HCG program and the Paleo Diet are two different weight loss programs offered at Valley Wellness. Our staff is dedicated to finding the right program for each individual patient.

The HCG program offers patients effective weight-loss treatments which combine small regular doses of Human Chorionic Gonadotropin (HCG) and a specific restricted-calorie diet to release abnormal fat and

return the body to a healthy condition. The hormone is utilized to reset the metabolism, protect the body's "good fat" and keep muscle tissue from breaking down while the body is purged of unhealthy static fat.

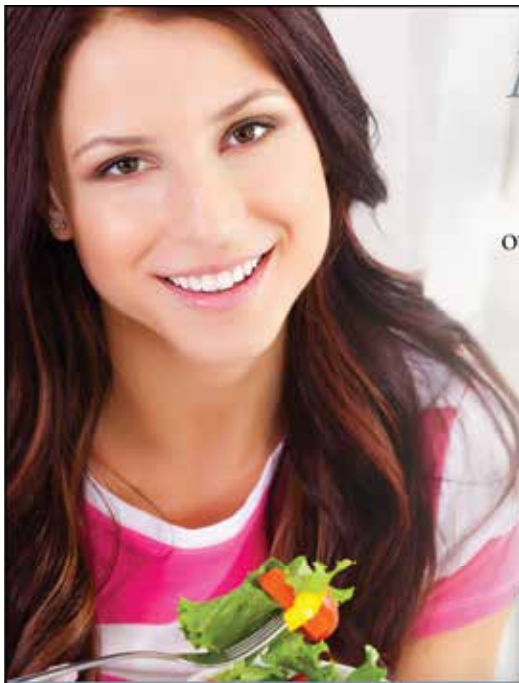
The main premise behind the Paleo Diet is that our way of thinking about what food is has changed dramatically from pre-agricultural days. We have switched from a diet of whole, real, organic, locally-grown foods to industrialized food-like substances. Our bodies are designed to process nutrient-dense foods, not processed chemicals. Choosing to follow the Paleo Diet principles and eating the recommended foods will not only provide you with optimal nutrition, but will also help balance your hormones.

Whether you choose to improve your health by getting more exercise, eating right or seeking treatment from Dr. Lisa Hunt, your future wellness begins when you choose to start improving your health today. Contact us to schedule your personal consultation and start on the path to complete wellness!

Dr. Lisa Hunt



Lisa J. Hunt, D.O., is the Medical Director of Valley Wellness Center in Modesto whose mission "is to build on every level of your health to achieve the best quality of life." She is Board certified in Family Medicine and Holistic and Integrative Medicine. She specializes in anti-aging treatment, natural thyroid replacement, menopause/andropause therapy (including bio-identical hormone replacement), strengthening the immune system, neurotransmitter analysis/replacement and nutritional support guidance.



Make 2013 the Beginning of a Healthier You!

Dr. Lisa Hunt at Valley Wellness Center invites you to visit our office and learn about some of the many services and products that we offer to assist you in your weight loss goals as well as assist you in living a healthier lifestyle.

**DR. EMMA'S HCG DIET WEIGHT LOSS PROGRAM
NUTRITION COUNSELING
THE PALEO DIET**

Please come by and see our new retail area.
We now carry many paleo diet (gluten and dairy free) friendly products that allow for a healthier way of eating.

SPECIAL!

HCG program - \$25 off to new patients who sign up for our HCG weight loss program during the month of January.

DR. LISA HUNT
AT VALLEY WELLNESS CENTER

Lisa J. Hunt D.O.
(209) 577-2799 • www.DrLisaHunt.com
1300 MABLE AVE., SUITE C • MODESTO

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