

“A WELLNESS PROGRAMME
THAT ALLOWS YOU TO
ATTAIN AND MAINTAIN
YOUR PERFECT WEIGHT...”

CHOOSE YOUR PROGRAMME

For your convenience, we offer pre-paid **Slimwell** programmes in three-month cycles. They include varying levels of services such as neural organisation care, life enhancement counselling, naturopathy and massage for lymphatic drainage.

To find out more about this programme or to discuss your care options with us please make an appointment with one of our Wellness Coaches. We look forward to helping you to become slimmer, healthier and happier.



KARRINYUP
WELLNESS CENTRE
celebrating your life potential

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SLIMWELL PROGRAMME
A BALANCED APPROACH TO WEIGHT LOSS

WELCOME

We welcome you to the Karrinyup Wellness Centre where we will coach you to achieve your optimum wellness potential. Being totally well enables you to feel great every day and enjoy life more fully.

WHAT MAKES KARRINYUP WELLNESS CENTRE DIFFERENT?

The Karrinyup Wellness Centre is dedicated to helping you achieve your optimum wellness potential by providing specially trained Wellness Practitioners who are up to date with the latest techniques and knowledge in whole person care.

This is done through specialised chiropractic care, therapeutic massage, the latest technology in naturopathic care and experienced re-evaluation therapy.

OUR MISSION STATEMENT

Coaching you to achieve your wellness potential by restoring balance to your structure, body chemistry and emotions.

LOSE WEIGHT SUCCESSFULLY WITH SLIMWELL - A BALANCED APPROACH TO WEIGHT LOSS.

The Karrinyup Wellness Centre has combined extensive expertise to bring you a way to achieve your ideal weight and feel better than ever. We believe the only truly successful way to lose weight is to restore balance to your body structure, chemistry and emotions.

Slimwell is a comprehensive programme under expert supervision that will help you to reach and maintain your desired weight, and improve your general health and wellbeing. You and your Wellness Coaches will together embark on a journey of discovery that will be the best thing you ever do for yourself.

Slimwell is a three tiered approach to help you achieve the wellness and weight that you desire by combining the following:

1. Intensive neural organisation care to establish a

balanced, well functioning nervous system.

2. Naturopathic care to re-establish balanced body chemistry and proper functioning of body systems.
3. Re-evaluation therapy to re-establish emotional balance and healthy motivation.

This programme encompasses the latest research findings, as well as tried and trusted methods, to address all facets of your health and wellbeing. Your Wellness Coach will be there to keep you on track with skills, knowledge and encouragement.

METABOLISM IS THE KEY

The key issue in an effective weight loss programme is your body's metabolism - the rate at which you burn up energy.

Your brain and hormonally controlled body systems help to regulate your metabolism. The most lasting way to restore balanced metabolism is to re-educate your body, brain and mind.

In the **Slimwell** programme this is achieved by using our comprehensive neural organisation and biochemical restoration system coupled with our unique life enhancement process.

Neural organisation is a vital part of health restoration, addressing brain and neural function that regulates weight control systems such as digestion, energy consumption and production, blood sugar and lymphatic/circulation systems.

The life enhancement process assists you to develop skills and knowledge to enable you to maintain your new wellness and optimum weight. For example, our life enhancement counselling helps you to better deal with life stresses that have a major impact on your wellness. These may upset the balance in your biochemistry and lead to improper eating.

By promoting wellness of the mind you are laying down the foundation of permanent weight loss.

BIOCHEMICAL RESTORATION PROGRAMME

'Brown' fat is the enemy in a weight loss programme. It is laid down early in life and is difficult to remove.

Increased fat burning occurs through activation of the group of adrenal hormones, called catecholamines. Calorie reduction diets can actually decrease secretion of these hormones, thus suppressing fat burning. Your body goes into survival mode and slows its metabolism to maintain body weight. Reduction diets therefore allow you to lose weight faster at first, but then more slowly as adrenal hormone levels decrease.

Another major contributing factor to weight loss is the thyroid gland. Irregular functioning of this gland either slows down or speeds up metabolism. Starvation diets decrease thyroid activity and can actually inhibit weight loss.

During a dietary change, people often experience cravings for sweets. Studies have shown that overweight people are prone to rises and falls in blood sugar, and therefore unbalanced levels of insulin. Insulin is a clearance hormone, taking sugar from the blood into the body cells and fat stores. With excess sugar it creates a greater storage of fat.

By reducing sugar intake and the amount of insulin in circulation, fat can be burned faster.

THE WINNING SLIMWELL PROGRAMME COMBINES

1. Adequate 'brown' fat burning and balanced thyroid function,
2. Improved sugar tolerance with lowered circulating insulin,
3. General wellness
4. Improved ability to deal with stress

GETTING STARTED ON A SLIMMER, HEALTHIER YOU

Your first step to weight loss and better health and wellness is to make an appointment with one of our Wellness Coaches for a comprehensive health assessment.

This will include identification of vitamin and mineral deficiencies and food intolerances as well as organ weaknesses. We then proceed to plan your personal programme to achieve the best results.