

# Measure Your Metabolism

Trying to lose weight?

Do you have a fast or slow metabolism?

Interested in a physician-guided weight loss plan?



Metabolism is the amount of energy needed for your body to function properly. It is measured in calories, which reflects the amount of energy used in our daily activities and from the functioning of our organs.

Regardless of what you eat or what diet you are on, it is impossible to lose weight unless you eat fewer calories than your body burns.

We can now measure your metabolism and determine the amount of calories you burn per day with an easy 5-10 minute diagnostic test.

Knowledge of your daily calorie budget provides you the best information to help you control your weight. You will know exactly how many calories you can eat to reach your goal.

Get a personalized program based on your individual metabolism and start a sensible weight-loss program for better health today. We are here to help!



**Ask us for more information or visit:**  
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