



Custom Health News You can Use



Are ready for a lifestyle change? Could you use extra energy? Would you LOVE to lose a few pounds? Want to live healthier? That is what **Take Charge** is all about. We can show you how to live healthier through proper nutrition and fitness. All the diseases associated with being overweight can be reduced or in some cases eliminated with proper eating habits and light exercise. Healthy lifestyle choices including eating healthy, weight management, and exercise are remedies to improve your health.

The US currently ranks #1 in obesity the world. Sedentary lifestyles, unhealthy food choices, diets high in fat and simple sugars all contribute to the obesity problem. Not only that, but they also increase your risk for heart disease, high blood pressure, diabetes, breast & colon cancer, gallbladder disease and arthritis.

People with excess body fat, especially concentrated around the waistline, are more likely to develop heart disease and stroke, even if they have no other risk factors. Because of the extra weight, your heart's workload increases, causing strain, which leads to heart problems.

Take Charge is the foundation and structure for lifestyle/disease management. We help you determine a healthy body weight and composition. From there an individualized plan is created especially for *you* to help you achieve your goals, in a healthy way. We also help with maintenance after your goals are reached.

The **Take Charge** system allows you to maintain and enhance your health while losing body fat. The emphasis is on total body composition, not just "scale" weight loss. We personally monitor and support your progress.

We will educate you in good nutritional practices, promoting healthy lifestyle changes, and continue to support you through those changes. The most important goal is long-term success in disease prevention and management through developing and maintaining sound, healthful eating habits and an effective, enjoyable exercise program.

Once you complete the Risk Assessment, our Pharmacist, John Sowinski, will provide you with a *Lifestyle Evaluation*. this report will provide you with information about your health, and your potentiality to develop some of the major diseases that are killing Americans. There will be weekly consultations, and support and motivation throughout the program. We will teach you how to not just feel healthy, but BE healthy.

Worried about eating out? We will teach you how to go out and enjoy a great meal, yet still maintain healthy choices. You will be an informed consumer able to make positive best choices for yourself, increasing your body image and confidence.

You will lose body fat and increase lean muscle to fat ratio. This raises your metabolism and converts food into energy. Your sluggishness will virtually be eliminated. You will be more energetic, and look and feel so much better.

You will learn the importance of proper nutrition; choose the carbs that are best for you, which fats are important, which foods contain the proper fiber, and how to choose foods with proper sugar.

You will also learn about proper vitamin and minerals to maintain proper health. Some of which actually help in your weight loss process.

Join Us on Tuesday, January 3rd, 2012 at 6:30pm for more information about the program and to get started on a new & healthier YOU!



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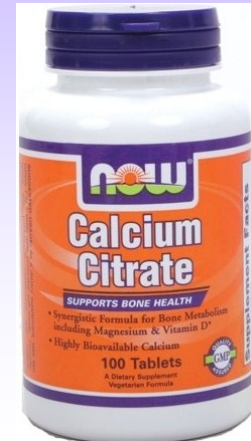
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Compounded Prescriptions and Supplements**



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- Tuesday, January 3, 2012 @ 6:30 pm Health Talk—Take Charge Weight Loss & Management
- Listen to Angel Avina on *For the Health of It*, radio show WOMT(1240AM) every Thursday at 10:15am
- We carry **NOW** Supplements, which are all natural



SUPPLEMENTS TO ASSIST WITH WEIGHT MANAGEMENT

There are several supplements associated with weight management. In this article we will discuss two, Calcium & Fish Oil.

Calcium is important to having healthy bones, but did you know that Calcium can also help with a weight loss program and help you to lose weight? A study found that Calcium helps to decrease adipose (fat) tissue, may prevent fat storage, and help to burn more calories. When your Calcium levels in your body are low, your mind thinks it is hungry. Your body releases a hormone to stimulate your bones to release Calcium into your bloodstream and orders your kidneys to release Vitamin D to absorb the Calcium. If you continually run on low Calcium intake, this causes damage to your body. The continual release of hormones and Vitamin D can increase the production of fat and reduces the breakdown of the fat. A diet with proper Calcium intake via foods or supplementation can suppress these hormones and your body stores less fat while breaking it down.

Fish Oil rich in Omega-3 fatty acids is beneficial to lowering cholesterol, and keeping your heart healthy. Did you know that Fish Oil has also been shown to be beneficial in weight loss as well? It decreases blood sugars, and can decrease body fat when combines with exercise. Fish Oil improves cardiovascular health and metabolic health. Omega-3 found in Fish Oil stimulates a hormone that regulates your metabolism. A study found that Fish Oil containing DHA causes pre-fat cells to die.

Visit us today to find out more about Weight Management and these supplements!