



Have you made a New Year's resolution to eat healthier, lose weight, cut down on the junk food, but you just can't seem to get started? You are not alone. Most people I've talked to suffer from similar distresses, so I co-developed a program to help get you ON your feet...

The First Step Program @ Innervate Health Care Centre.

Join me and my colleagues for an 8-week program to help you take the First Step. You will learn simple strategies from a Naturopathic Doctor, Registered Nutritionist, and Fitness Specialist to help you change your body composition (lose fat and gain muscle). What does this really mean? You can change your shape, speed up your metabolism, control cravings, improve your energy and, most importantly, reverse chronic disease. The first session begins next Monday, February 22nd at 6pm. All or part of the \$250 fee may be reimbursed under naturopathic medicine by your extended health insurance plan. Email or call us for more information: 905-762-1647

Tip of the Month: How can I measure my body composition?

Have you used a scale that measures your body fat percentage but are weary of the results? A BIA (Bio-Impedance Analysis) is a piece of equipment that uses an imperceptible electrical signal to measure resistance and reactance. Our office uses the BioMarkers 2000 and, after inputting your information, it uses an algorithm to determine your body composition in water, fat, and lean tissue (muscle, bones, and organs). Since the BioMarkers 2000 has 4 leads, it is more accurate for assessing the visceral adipose tissue (the fat around the organs) than a simple scale at home or the gym (with only 2 leads). Result: no guessing. Many people start workout and diet routines based on a scale's results, but then see their net weight is unchanged. Did they lose ANY fat? Did they gain ANY muscle? With the BIA, we take a baseline measurement, and then can assess how your body composition changes with increased water, protein, fibre, and exercise. Your results are precise, allowing you the knowledge of where to take the next step.

News Update

Currently under construction, my soon-to-be new and improved personal website will be up and running by March 2010. Check out the new design and Hours of Operation here: www.natdoctor.com