

Beyond Sickness:

A Prescription for Healthy Weight Loss, Optimal Health & Healthier Habits

Healthy Weight Loss & Healthy Habits

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Nature Medicine

Editorial: Keeping the weight off

New generation incretin based therapies are powerful tools with enormous potential to change the course of the global obesity epidemic as well as the treatment landscape for other cardiometabolic diseases. But patients and physicians must not slide into believing the fallacy that pharmacotherapy-mediated weight loss is a 'silver bullet' for better health.

These Game-changing drugs should not necessarily be initiated with lifelong therapy as the goal. Instead, the anti- obesity medications should be added to the armory of weight-loss interventions, alongside diet and exercise, to help patients lose weight safely and sustainably.

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Meet the Expert Coach

Dr. Mark Nelson is an Independent Optavia Coach and business consultant with a passion for helping individuals achieve their health and wellness goals.



As a coach, he provides personalized guidance and strategies to assist individuals in reaching their health milestones and leads by example in fostering healthy habits for a balanced lifestyle.

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What Do You Need To Know

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Healthy Weight Loss & Healthy Habits

Healthy weight loss involves adopting sustainable habits that promote overall well-being. It's not just about shedding pounds but cultivating a lifestyle that includes balanced nutrition, regular exercise, adequate sleep, and stress management.



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Your Health Is Our Priority

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CALL US



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