

[WEIGHT LOSS WELLNESS](#)



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Health and Wellness There are multiple habits that must be established to achieve optimal health and wellness. We will work together to create these healthy habits such as eating a low carbohydrate diet, getting enough sleep each night, being active every day, managing your stress, identifying food sensitivities and intolerances and finding the correct supplements to support your individual biochemistry.

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Reduction of the total body mass resulting in a decrease in body weight. This can happen as a result of diet & exercise or from circumstances such as illness.

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Weight Loss Medical Wellness Clinics

Our philosophy is that losing weight and keeping it off is the key to a healthy lifestyle. Living a healthy lifestyle happiness, vitality, longevity, and a sense of personal success. Hand-in-hand we will help you get there.

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Weight Loss Programs Broward Plantation Wellness 33324

The Ideal Protein Weight Loss Protocol has a distinct beginning, middle, and end that concludes with dieters being empowered to maintain their weight loss long after their goal weight is achieved. This is accomplished through coaching and education. In fact our CEO, Randy Bast, was so impressed with the program after losing 60 lbs, that he was motivated to open this Center with his partner, Dr. Nina Coletta, to help others achieve their weight loss goals.

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