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# Scott Chiropractic Center Newsletter

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[Dr. Jane R. Scott](#)



### Dear Patient,

Enjoy the educational information for healthy weight loss. Don't forget to take advantage of the 10% discount on all powder products provided in our office (ex. Fitfood, Opticleanse, I5 and UltraClear).

## Scott Chiropractic Center

### Weight Loss



Summer is here and so are the 90 degree days that accompany it. Our minds are swirling with thoughts of beaches and swimming pools. It's time to break out the swim suit and hope that the winter has been kind to our waist line. Unfortunately for many of us, we have put on a few extra pounds in the "off season" and can't squeeze into last years wardrobe.

It is time to take charge and make a change, and losing weight is easier than you think. There are really only a few simple things to think about with regards to losing weight. What you eat, how much of that you eat, and how often you eat it.

Let's first look at what you eat. Basically, you should be eating lean proteins, complex carbohydrates, and healthy fats. Eating these macronutrients every 3-4 hours keeps your blood sugar level and prevents your insulin receptors from getting burned out. Smaller meals are better. If you are eating frequently you can maintain smaller meals so as to allow your metabolism to keep going.

If you need more information or instruction on losing weight, give us a call. We can schedule a body composition analysis and help you get moving towards fitting back into your favorite swim suit.

### In Health,

Scott Chiropractic Center

Dr. David Futral

Join Our Mailing List!



**Save 10%**

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**Offer valid through the month of June.**