

New Moms Nutritional Products

At the heart of our *New Moms* weight management program, you'll find nutritionally designed products — Chocolate and Vanilla Pudding Shakes. These creamy, nutrient-packed pudding shakes will boost your energy and promote fat burning and weight loss, while providing an excellent source of protein and vitamins and minerals. Best of all, these products are appropriate for breastfeeding and non-breastfeeding moms alike.

We know you're busy, so we designed our products and meal plans to be flexible and simple. Just grab a convenient, easy-to-use, portion-controlled packet, add water and stir. Perfect for lunch. Perfect for when you're on the go! Perfect . . . for new moms.

No one else has developed a weight management program designed exclusively to meet the special dietary needs of new moms.

We developed this program for you!

To learn more about our *New Moms* weight management program and products, please visit our center or give us a call. We can set up a free consultation to discuss your individual goals and help you banish that pregnancy weight!

New Moms



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New Moms, a weight management program, will satisfy your unique nutritional needs while helping you reclaim your pre-pregnancy body.

Healthy Families Begin with Healthy Moms

At no time are your nutritional needs greater than in the year after you give birth. Your energy is depleted; hormonal fluctuations are dramatic; medical issues are common; and your physical and emotional demands are unceasing. These needs may be complicated by your struggle to lose weight and your desire to reclaim your pre-pregnancy figure. But you barely have time for a shower, so how can you find the time (or energy) to lose weight?

We have the answer.

Designed especially for women who recently gave birth, our *New Moms* weight management program helps you reclaim control of your body, lose weight, revitalize your energy and refocus some attention on taking care of yourself. After all, healthy families begin with healthy moms!

New Moms Weight Management Program

New Moms offers easy to follow meal plans that cater to busy schedules, meet your current dietary needs and satisfy your appetite and cravings.

You'll receive gentle guidance and caring support at a time when you need it most. Our trained staff will:

- Teach you weight loss strategies specific to your demanding new life
- Provide time saving, easy-to-follow meal plans
- Show you ways to include your baby in your exercise routine so you can bond while you lose weight
- Provide stress management and relaxation techniques



A special note for nursing mothers:

Research has shown that many nursing women can follow a reducing diet (1800 calories or greater) and experience gradual weight reduction (about 1 lb/week) without compromising milk production. Be sure to ask to your doctor before beginning a weight loss program.

New Moms meets the unique needs of women who recently experienced childbirth.

This program is designed to help replenish nutrients lost during pregnancy and provide a balanced source of nutrition, vitamins and minerals. Each supplement packs in:

- **Protein** - High protein is essential for building and maintaining body tissue and for preserving lean muscle during weight loss.
- **Flaxseed** - One of the richest sources of Omega-3 fatty acids, plays an important role in infant growth and development, cardiovascular disease risk reduction and immune system management.
- **Choline** - Has been shown to be important for optimal brain and nervous system functioning and for new moms whose maternal stores are depleted during pregnancy.
- **Dietary Fiber** - Soluble fiber helps maintain healthy cholesterol levels and promotes regularity.
- **Vitamins & Minerals** - 35% of the Daily Value for 23 vitamins and minerals plus 45% of the Daily Value for folic acid. Includes a highly bioavailable milk calcium complex.

Additional value-added benefits:

Aspartame free

Low fat
(no trans fats)

Very low
in cholesterol

7 grams
of available carbs

