

# Some Truths About Weight Loss

There are many different factors that are involved with weight loss and weight gain, which is why most people fail to achieve long term results.

Unless you address the contributing factors associated with weight gain, then only short-term and unsustainable weight loss occurs. With most diets, lean muscle mass is lost and when this occurs, the metabolism decreases. The resultant effect of improper weight management is the tendency to gain the weight back, causing a yo-yo dieting effect.

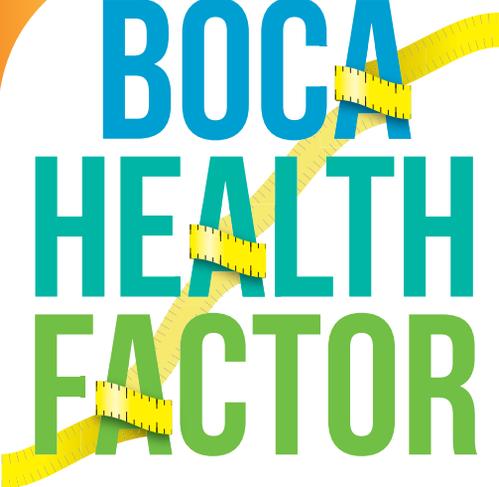
The optimal YOU can become a reality!

**Boca Health Factor**

**Look better • Feel better • Live better**

# WEIGHT AND METABOLISM MANAGEMENT

- Feed Your Body - Not Your Fat
- Feel Less Hungry & More Energized
- Natural & Permanent Weight Loss



**BOCA**  
**HEALTH**  
**FACTOR**

*Natural Weight Loss*

CALL FOR AN APPOINTMENT AT  
THE LOCATION NEAREST YOU

[www.BocaHealthFactor.com](http://www.BocaHealthFactor.com)  
(561) 939-0350

**Boca Health Factor** is designed by nutritionists and food scientists who understand that good nutrition leads to good health

Our company uses the latest research and custom formulated nutraceuticals to help you achieve your goals

Our professional staff will review your lifestyle, environment, and goals in order to tailor a program specifically for you.

We want to help you achieve long term weight management, health and wellness. We are completely dedicated to helping you boost your metabolism, increase muscle mass and reduce excess body fat.

We work with every client individually to evaluate, educate, motivate and provide support, so that every client has the tools needed to finally meet and maintain their ideal, comfortable weight.



By repairing your metabolism, you can reduce your medications while improving your overall energy and health. We will create a balance for you, so that you can

lose weight without being hungry, feeling sluggish, or weak. We want to help you achieve long term success and wellness.

Let us show you how to naturally lose weight by correcting your metabolism instead of starving your body.

You'll eat real foods and dine at your favorite restaurants, while losing 2-4 pounds per week, and shed unhealthy, unwanted fat.

## Our Solution is the Difference

Boca Health Factor offers programs that work quickly to address the underlying causes of cravings and hunger. When we eliminate cravings and stabilize your metabolism, we create balance, which leads to weight loss without hunger. This metabolic balance creates long term, lasting results.

**We correct your metabolism with a three-prong approach:**

**1**

We start by **identifying certain foods** that can lead to overconsumption because they create a feeling of never being satisfied and full.

**2**

We create a **new approach to exercise and physical activity**. Our approach is quick and easy and dramatically changes your body's ability to burn fat.

**3**

We **identify key natural substances** that are **deficient in your body**. When certain natural coenzymes are low, your body can't burn fat, causing a hunger you can't satisfy.

- You eat real food
- You will not feel as hungry
- You will not have as many food cravings

- Your body will start burning fat instead of storing it
- You will achieve healthy, lasting weight loss