

## MRC's Approach to a Healthy Body

Because every BODY is so unique, MRC offers a wide variety of programs that are tailored to meet the nutritional needs and specific goals of each client. We customize our approach based on important variables such as gender, age, body composition, daily schedule, food preferences, health history, and overall health goals.

Our focus is to develop a healthy strategy that is exclusive to YOU...one that will help maximize your results and allow you to reach your goals quickly and safely!

## Our Programs Incorporate:

- A holistic approach, addressing the mind, body and spirit
- Hormone balancing
- Education - learn the science of metabolism and healthy eating
- Emotional and behavioral components
- Nurturing accountability
- Lifestyle accommodations
- Tools for lifelong weight maintenance

## Why It Works...

- Individualized and easy-to-follow menus designed to increase metabolism
- Lose up to 2-5 pounds per week
- Real, flavorful foods from your grocery
- No pre-packaged meals
- Boosts energy
- Eat out in restaurants with ease
- One-on-one weigh-ins and support from knowledgeable staff
- Includes transition and maintenance - the key phases for keeping the weight off!
- Our Medical Advisory Board includes physicians, a registered dietician, an ARNP and a licensed clinical social worker



*Kim E.*

I have lost over 70 pounds and 88 inches! I've bought smaller jeans SIX times!



## Now is Your Time!

When you come in for your free consultation you are greeted with warmth and enthusiasm! Your consultant will tailor a menu for you based on your goals, lifestyle, and medical history. In addition to personalized menus we also:

- Measure your body regularly as you watch the fat melt away
- Provide a specialized printout detailing your weight, body fat, and lean muscle
- Celebrate your successes and all your positive changes
- Help you create a plan for success
- Monitor your blood pressure
- Provide you with information and tools to ensure your success
- Provide classes and materials on a wide variety of topics
- Support and encourage you in making lasting changes



**METABOLIC**<sup>®</sup>  
**RESEARCH CENTER**  
*WEIGHT LOSS SPECIALISTS*

[emetabolic.com](http://emetabolic.com)



\* Results not typical. On MetaSlim<sup>®</sup>, most clients can expect to lose 1-2 lbs. per week.

## Get THIN-spired!

*Andrew J.*



I didn't want to be referred to as the "big guy" anymore. With the resources available at MRC, and the easy to follow programs, YOU will lose weight! I know, because I DID IT!!!! I lost 150 pounds! My life is forever changed. I've been accepted to serve in the US Military. I am extremely PROUD and feeling HEALTHY! Thank you MRC!

*Darcell T.*

I love the MRC program! In just 17 weeks, I lost 46 pound and 65 inches, and it was so simple! I learned how to shop for whole foods and cook tasty, easy recipes that fuel my body. I am healthier and more confident than ever!



## MRC is the Program for YOU!

How many Mondays in the past year have you started a diet? How long did you stick with it? How did it work for you? Most likely, you are still struggling. Wouldn't it be nice to find a program that works for you? Yes, it would! At the end of the day, most approaches to weight loss use a cookie cutter, one-size-fits-all approach to what usually ends up being a temporary solution to a long-term challenge.

What makes Metabolic Research Center any different? MRC offers the most comprehensive approach to health and wellness you will ever find!

Everyone TALKS about eating healthier. With MRC, we show, teach and provide tools you need to eat and live healthy. Consultants address both the physical and emotional aspects of your journey through one-on-one weigh-ins, group classes, and educational materials all designed to equip you with everything you need to be successful, feel confident, and achieve your goals. Today is the day - call now!

With MRC's talented and experienced team in your corner you are destined to succeed!

*Change your life with one simple call!!*



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*Sally G.*

I lost 70 pounds and 99 inches! This program did for me what others did not... it addressed the mental, emotional, and physical aspects of weight loss. MRC changed my life!



Metabolic Research  
Center Supervisor