

# Lifestyle Nutrition's Metabolic Counseling Program<sup>®</sup>

## Validation Research



- Research at the University of Southern California (USC)
- 2 Consensus Reviews of technology - National Institute of Health (NIH)
- Numerous published studies published confirming Accuracy, Reliability, Efficacy (on Web)
- Patented Metabolic Analyzer FDA listed.

### Body Composition

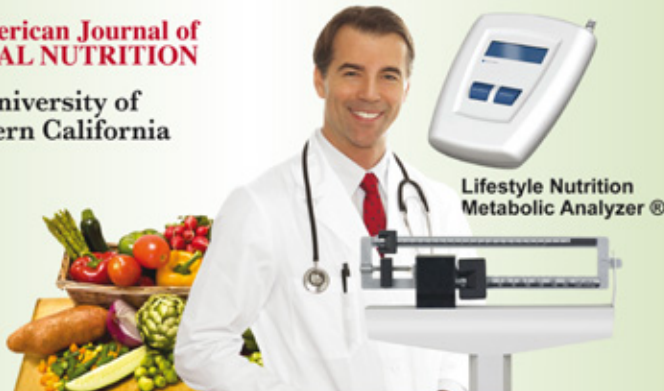
- Weight Loss
- Diabetes
- Sports Nutrition
- GI, Cardiac
- Paleo
- Menopause
- PCOS
- Gluten Free

 **The American Journal of  
CLINICAL NUTRITION**

 **USC University of  
Southern California**

 **FDA**

 **NIH**



### Metabolic Testing

- Fatty Liver
- Cancer
- Weight Gain
- South Beach
- Mediterranean
- Ketogenic
- Pain Mgt.
- HCG
- BHR, TRT & HGH

The results suggest that the 4 electrode upper and lower impedance testing has a plus or minus 2% accuracy as compared to the hydro-static tank. Retest accuracy, retesting on the same patient is approximately plus or minus ½ % accuracy which is more accurate than DEXA testing, the gold standard.

Designed by Clinical Nutritionists and Licensed Dietitians with Physicians who have trained over 900 physician offices nationwide, in the past 30 years.

## Meal Planning Software Features

### AVAILABLE IN ENGLISH & SPANISH

- Individualized Clinical Nutrition Meal Plans - Diabetes, CAD, Sports Nutrition, Cancer, South Beach, Zone, Pregnancy, etc.
- Accurate Body Composition Assessment (+ 2.8%), Lean Mass & Metabolic Assessment (BMR, REE, ADL & Kinetic Activities)
- Can Alter Percentages of Carbohydrate, Protein and Fat Ratio, as well as the Size & Number of Meals for the Specific Needs of Each Client
- Provides Daily & Weekly Meal Plans for Weight Loss, Maintenance & Gain
- Can Add Specific Nutritional Supplements to Meal Plans (optional)
- Tracks Clients and Groups, Progress & Compliance

### Exercise Software - With Saved Aerobic & Anaerobic Exercise Routines

- Daily Customized Exercise Program with Specific Heart Rate & Caloric Burn
- Meal is Based on Specific Exercises, Muscle Groups, Lean Mass & Metabolic Typing of Each Patient
- Can Store & Quickly Generate Any Custom Rehab Protocol or Aerobic Routine for Your Patients

Licensed Clinical Nutritionists Helping Doctors Win at Credible Nutrition Counseling

Give Your Patients A **New Lifestyle...Not Just Another Diet!**<sup>®</sup>



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