



TRI·HEALTH

WELLNESS CENTRE

JTI 60 Day Weight Loss Challenge Dr. Jason's Diet Programme

What's included...

- 3 Visits with Dr. Jason (in-person or virtual)
- 30 minute initial with history, assessment and diet prescription
- 20 minute check-in 2 weeks into diet - discuss changes in program
- 15 minute end point to review and discuss future options

2 week Eubiotic Diet transitioning to 6 week/permanent First Line Therapy – Mediterranean Diet

Supplement Recommendations – Discount offered for Challenge Members (15% off - purchased from Tri-Health)

Free In-Body Analysis for Challenge Members (available only at Tri-Health)

Why the Dr. Jason's Program - Right for You?!

Doctor-Monitored Diet Programme – tried & true eating that takes into consideration:

- Blood sugar control & regulation
- Digestive health
- Food allergies & sensitivities
- Caloric & Metabolic needs
- Healthy & realistic goals and results!

Dr. Jason Granzotto ND has been a practicing Naturopathic Doctor for over 15 years and is the owner of the award-winning Tri-Health Wellness Centre in Vaughan. Every one of his patients is given a dietary prescription and the tools to enhance their digestion, metabolism and overall health.

What can you expect?

Not only safe & sustained weight loss – but a permanent evolution of your understanding of diet, digestion & health. You will not see food the same way – cravings will be curbed or eradicated, misconceptions will be corrected and a lasting drive to eat for health will be established.

Cost: \$250 for the 60 Days -> Covers the programs 3 visits, supplements discounted 15% and free in-depth In-Body Analysis (only at Tri-Health; during the 60 days)