

HFC Wellness Programs



Healthy Cells Nutritional Program

The Healthy Living Cellular Nutrition Program is designed to provide a balanced spectrum of beneficial nutrients and antioxidants to help compensate for poor nutrition and to counteract oxidative stress. A basic program through to a completely customizable option for more focused nutritional concerns is available.



Healthy Living Weight Management Programs

The innovative, science-based 5 Day Jumpstart program offers a way to “push your body’s RESET button” to get it back on track through balanced nutrition. It is a cleanse program that doesn’t leave you starving or slow down your metabolism. The choice after the Jump start is simple - use the Transform for additional healthy weight loss or the Maintenance Program which focuses on keeping your body balanced.



Anti Aging Healthy Skin Program

Skin health is important today because we now know that absorption of chemicals and other harmful products can occur through the skin. You need to care for your skin to defend against the daily effects of free radicals on your skin. The HFC skin health program include products that effectively refine, replenish and support the skin at the cellular level.



Other Wellness Programs and Products

Other health and wellness products and programs are available. Check out the newsletter for the latest information.

Personal Wellness Concierge



The unique partnership with USANA Health Sciences gives Harbor Family Chiropractic patients as well as their friends and family, your own personal wellness concierge. This wellness concierge is available to help you with your product and program questions, assist with ordering and provide other

helpful health and nutrition information. Your personal HFC USANA wellness concierge is:

Cindy Nunnery

248-506-4276

canunnery@comcast.net

If you prefer to order online yourself, go to www.gischiaforhealth.usana.com and click on **SHOP ONLINE**. Enroll in the FREE preferred customer program and get wholesale pricing automatically—click on 4 Steps to Enroll.

The HFC Healthy Living Program



With a focus on overall health and wellness, Dr. Gischia and Harbor Family Chiropractic have partnered with USANA Health Sciences to take your health to the next level. Our goal is to provide you information on health and wellness so you can make the best possible health choices today and for the future.

It's all about you!

Harbor Family Chiropractic Center PLC

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A Note From The Doctor



Dear Patient,

I understand how important it is to feel secure about your health decisions. I know how much it means to you to share only the finest products, best programs and the latest scientific health and wellness

information. I chose Chiropractor Wellness Concierge and USANA Health Sciences to take Harbor Family Chiropractics' health and wellness programs to the next level for a couple of important reasons.

First, I found they have the same commitment and desire about overall health and wellness as I do.

Second, their mission is to educate, share knowledge and information about health and wellness, healthy lifestyles and proper nutrition. This information is science-based, not just the latest health fad or headline.

Third, and most importantly, the products and programs I recommend must be of the highest quality. USANA Health Sciences has researched, tested and provides scientific support for product chosen to be part of my wellness programs. You will understand more about what you are putting in your body and why it makes a health difference. This will allow you to become an even more active and informed participant in your own wellness while traveling on the road to optimal health.

I trust that you will find the products and programs something you can get behind as well. It is all about you, your health and wellness and making the best choices for the greatest health impact today and in the future.

- Dr. William Gischia, Sr., D.C.

Why Healthy Living

Imagine yourself at your most well and feeling great. What do you see? Do you see yourself with endless energy? Losing weight and keeping it off? Fitting into your favorite jeans? Climbing the stairs without pain? Do you dream of living an active and long life, free from disease and enjoying it everyday?

The secret to having the life you want begins with a healthy you. That's why **Harbor Family Chiropractic Healthy Living Programs** focus on healthy living and simple lifestyle changes that are sustainable to help you feel great everyday. When you have shed those extra pounds, regained your energy, and rediscovered the joy of a good night's sleep, you will be free to make healthy choices in every aspect of your life.

RESET Weight Loss



A fresh start for the Summer!

Are you ready for the summer? This clinically proven 5-day high-fiber cleanse actually RESETs your metabolism and curbs your sugar/carb cravings. In a clinical study the average inches lost were 1.5 inches

- detox **your** body
- boost **your** mood
- increase **your** energy level
- improve **your** sleep
- and release fat!

Spring High Fiber Cleanse and RESET. Change doesn't have to be complicated. USANA scientists designed RESET™ to make losing weight feel easy, giving you a significant head-start. By following the RESET program, you can lose up to five pounds in five days. RESET has been clinically tested, and its low-glycemic foundation is scientifically based. Rethink dieting. Resolve, renew, reinvent with RESET.

Contact Cindy (info on back) or order online at: www.gischiaforhealth.usana.com and click on SHOP ONLINE. RESET Kit is \$119.00 or less. If you enroll as a Preferred Customer at no cost, you will receive wholesale pricing automatically.