

***Requirements:***

1. Complete a 7-day Food Log.
2. Complete a Health History questionnaire.
3. Complete a “metabolic type” questionnaire.
4. Complete a Stool examination questionnaire.
5. Complete a Yeast questionnaire.
6. Meet once a week for education, and motivation.
7. Have measurements and pictures taken every four weeks to chart your progress.
8. Stay in email or phone contact with Dr. Rob to stay on track.

***In 12-weeks you will learn:***

1. How to eat properly for weight loss and optimal health,
2. Proper exercise for health gain and weight loss,
3. Stress management techniques to help you gain greater “life” control.
4. Ways to healthfully prepare food for maximum pleasure and improved health.

*The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, diet, and in cause and prevention of disease.*

*Thomas Edison*

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*Feel free to text or email!*

*I treat your pain with gentle techniques because I believe in working with your body to assist it in healing. I am honored that you have chosen Naprapathic Healthcare and look forward to helping you improve your health.*

*Dr. Robert Manfredini, DN*

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# **Better Eating Better You**

## **12-week Program**

**Dr. Robert Manfredini, D.N.**  
**Naprapathic & Wellness**



*~ Strong Mind*

*~ Strong Spirit*

*~ Strong Body*

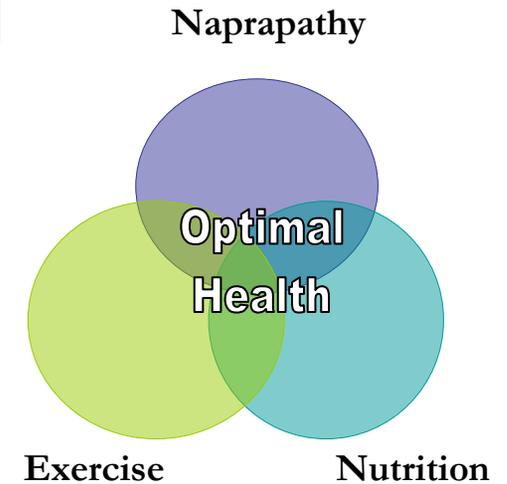
## **Better Eating, Better You!**

*You are worth it!*

Simply put, you are the byproduct of what you eat.

For example, we know that refined sugars (processed grains, candy, etc...) negatively affects blood sugar by causing excessive reactivity which can lead to mood swings, energy swings, neuropathy (nerve failure), weight gain, and premature organ failure. So...eating a balanced diet means that you learn how to listen to your body so you can feed it what it really wants – the food that stabilizes and assists your body in being balanced and healthy.

**Better Eating, Better You** gives you the skills to behavior patterning



### **Why 12-weeks?**

It takes a minimum of three-weeks to build a habit.

Most people fail within 3 days of starting a “new health regime.”

12-weeks allows for proper physiological adjustments as well as a structured reinforcement for you to gain the skills and behaviors you need for the rest of your life.

**Learn how your body works and you will always be healthy!**

### **How's it work?**

First, fill out a whole mess of questionnaires, 7 day food log, and medical history.

Two, turn everything in to Dr. Rob so he can compile your info and make recommendations.

Third, schedule your first appointment to review your information and to begin learning about food.

Fourth, using the personalized meal plans begin learning portion control and how to identify foods that do not “jive” with your personal metabolism.

Fifth, Keeping meeting with Dr. Rob once a week and keep working on your new skill set. Every four weeks we will take body fat and tape measurements.

**In 12-weeks you will learn to have a healthy relationship with food.**