

PROGRAMS

★ **Good:** Start taking two peptides, exercise and address the gut.

- 1 hour consult
- 3 month program
- Meet weekly first month
- Meet every two weeks second month
- Meet one time the third month
- Peptides ordered, Monthly Cost:
- Labs order, basic – billed to insurance or agreement in advance of cost for those who do not have insurance.
- Recommended supplements

★★ **Better:** Consider allergy profile to look at foods that would prohibit proper weight wellness along with healing the gut.

- Initial Consult, 1 hour
- **Tests Ordered:**
 - Infinite Allergy Profile*
 - Stool test*
 - Basic labs*

★★★ **Best:**

- 1 hour consult
- All of the Good and Better program and add a look at a genetics test and micronutrient test to determine deficiencies to define areas that are altering the set point for efficient weight loss.

*Some insurance will cover this test/lab. If it is not covered by insurance, we will agree to a price in advance.

Weight Wellness

by Lisa Guyer,
Guyer Wellness
Group



The Bible is FULL of encouragement and wisdom for healthy eating and nutrition. Here are just a few!

**Knowledge is
POWER!
Where your
focus goes,
ENERGY flows.**

“

First Corinthians 3: 16 -17 know you not that you are the temple of God that the spirit of God dwells in you? If any man defiles the temple of God him shall God destroy, for the temple of God is holy which temple you are.

III John verse 2 Beloved I wish above all things that you may prosper and be in health even as your soul prospers

Philippians 3:19 Enemies of God are those whose god is their belly and whose glory is there shame, who mind earthly things..

I Corinthians 6:19-20 what? Know you not that your body is the temple of the Holy Ghost which is in you which you have of God and you are not your own. For you were bought with a price therefore glorify God in your body and in your spirit which are Gods.



GUYER WELLNESS GROUP

GOD WILL DO EXCEEDINGLY ABUNDANTLY ABOVE WHAT YOU CAN ASK.

I have heard that a "set back" is a set up for a comeback". Take care of the temple that God has given you by feeding your wellness, not your illness.

God made our bodies to heal and repair. However we are exposed to toxins and bacteria from our lifestyle experience. This changes the strength of what God gave us. Find out what is causing a break down in your immunity, your ability to properly metabolize foods, which ultimately affects your ability to have a strong and fit body.

How do you see your body? Visualize what wellness looks like to you and once you see it in your mind, you will begin to feel it and create the health you want to see.



Who am I?

Lisa Guyer has worked as a passionate advocate in the field of functional and anti-aging medicine for more than 20 years. After beginning undergraduate work in dietetics, Lisa broadened her knowledge through ongoing and extensive medical education to complement her undergraduate studies. Coauthor of the book "A Gift of Health", Lisa also worked on a daily radio program and appeared on numerous television programs sharing her holistic approach to health.

Diet: Don't Insist on Eating Trauma, so then what?



Six weight loss stressors: sedentary lifestyle, microbiome dysregulation, hormonal imbalance, food choice, micronutrient deficiencies, and food allergies.

Sedentary Lifestyle: why do we need to move and what does that mean?

First, movement keeps the burning of fat active. It does not mean you need to be a triathlete or a football player. It means movement. Studies are showing that walking can be pivotal to longevity and weight loss.

Junk foods are a proliferate bad bacteria that the gut must come. So the Microbiome can disrupt weight loss. Our Microbiome has good and bad bacteria. But when there is an imbalance, causing chronic low-grade stress, this changes your set point for weight loss.

Hormonal imbalance: Why is this an issue?

Our hormones regulate mechanisms and processes that change our metabolism. Know your hormones. Know your biochemistry. Know what you are made of and from!

Throughout her career and world travels, Lisa has followed emerging advances in nutrition, incorporating cutting-edge therapies into her work with clients and embracing a philosophy that seeks to understand the root cause of illness, not simply addressing symptoms—a conventional approach that often fails to provide sustained improvement. Diet and exercise remain touchstones of optimum health, and with this in mind Lisa tailors programs to address the individual needs of her patients.

As co-owner of a medical clinic for 20 years, Board Member of Women Like Us (created with a mission to inspire and empower women and underserved girls to make a difference globally and locally), now CEO for Guyer Wellness Group, and a busy mother who embraces the varied lives of her six children and three grandchildren, Lisa knows that one size does not fit all.

Lisa credits her mother for the initial inspiration into healthy eating. One day her mother questioned the viability of the water she was drinking from the faucet. After conducting many tests on the water, they found out it was full of bad bacteria and chemicals. Thus began their quest to inspect the water they consumed ranging from water bottles to the shower, and even water systems. Believe it or not breathing in chlorine in your shower is not a good idea.

Over the past 20+ years, Lisa has had the blessing of supporting and advising over 200,000 patients. She has learned that there are all types of people and a multitude of situations, but the hardest part is identifying the first step. Many of us weren't taught the basics of health eating, so we don't know where to begin. Let's take that first step together.

Lisa is grateful for her amazing 6 children who have been a part of forming her lifestyle and food choices. They are the joy of her days and Lisa is thankful for each one along with their beautiful personalities.

