

WHAT YOU CAN EXPECT

- ⇒ Increased energy levels
- ⇒ Look Younger
- ⇒ Feel Healthier
- ⇒ Healthy Weight loss
- ⇒ Increased muscle tone
- ⇒ Decreased Fat
- ⇒ Decreased fluid retention
- ⇒ Improved digestive function
- ⇒ Increased metabolism
- ⇒ Better understand your individual needs

And most of all live a longer, happier, healthier life !



OUR WEIGHT LOSS EXPERTS



**Jason Mallia ND IMD
Dip Nut BHSc Dr Sc.
Integrative Medicine
Blood Type and Genotype
Practitioner**

Jason is the Clinic Director of IHA and has been involved in weight loss for over 20 years .

He has an extensive background in Sports Nutrition having worked with many Elite Athletes in this time He is Australia's First Master of Institute for Human Individuality based in the USA (Blood Type and Genotype Diet) and is an International Speaker and considered an expert in the field of Blood Type diet and science.



**Kristina Blagojevic
BSc Dip Nut (Syd)
ATMS
Clinical Nutritionist**

Kristina is a fully qualified and registered Nutritionist and a member of the Australian Traditional Medicine society ,She has a strong background in weight loss ,having worked in various gyms and health establishments across Sydney. **Kristina is considered a specialist in optimum wellness and weight loss regimes .**

Clinic Hours

By Appointment

Mon to Fri: 9am - 7pm

Sat: 8am - 5pm

Walk ins Welcome

Level 48 Norton St Leichhardt 2040 NSW

P 9518 1253



*Eat Right
Weight loss*

*Weight loss through
Human Individuality*

Guaranteed

Results!*



A SPECIFIC PROGRAM JUST FOR YOU!

Have you ever wondered why you struggle to lose weight while others find it easier? Or when you do finally lose the weight you have difficulty keeping it off? The reason for this lies in your **Human Individuality**.

Whilst we are all generally the same, humans still have a number of characteristics that differentiates us from the next person. These include Our Blood Type, our genotype, racial background just to name a few. There are many known factors that affect your ability to lose weight. The Integrated Health Eat Right Weight Loss programs are all tailor-made to your own individuality maximizing your potential for best results.

The Programs

⇒ **#1 The Kick and Blitz (4 weeks)**

\$499

⇒ **#2 Shape and Tone (8 Weeks)**

\$699

⇒ **#3 Detox and Shed (12weeks)**

\$899

⇒ **#4 Health and Trim**
(subject to health concern) \$350 for first visit then \$75 thereafter

Supplements not Included

Testing Facilities at the clinic

Here at Integrated Health we utilize **state of the Art testing equipment** as part of your individualized weight loss program to help us understand your bodies specific needs. A combination of Medical tests, computerized screenings and live blood screenings helps us combine the very best of modern science and evidence based complementary medicine for our health programs. With all our tests you will receive a report which an excellent monitoring tool for your progress.

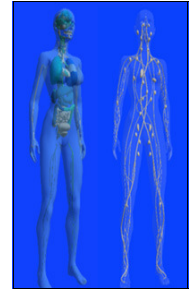
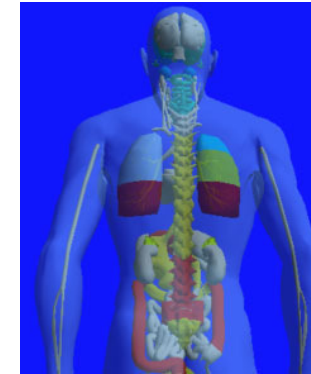
Vitality Longevity and Anti-Aging

Bioimpedance Analysis is a scientific test that measures the impedance or opposition to the flow of an electric current through the body fluids contained mainly in the lean and fat tissue. It measures muscle mass, fat levels, hydration levels, cellular toxicity, inflammation and biological age.



THE EIS

The EIS System scientifically validated, total body health scanning device that allows the practitioner to quickly and non-invasively screen the health status of the major organs of the body, and therefore make accurate decisions regarding the type of Weight loss program prescribed.



The Electro Interstitial Scan system is an invaluable tool giving patients an excellent overview of their current health status to understand their reason for weight gain.

Live Blood Analysis

live blood analysis

LBA is a screening tool used to identify a number of risk factors that may be affecting your health and weight. These include high fat diets, poor nutrition, smoking, alcohol and stress.

LBA allows you to take part in identifying and understanding your health

