



Dr. Kealy B3H

SECRETS TO WEIGHT LOSS

BY LILLIAN LANGTRY

Maintaining proper weight is a challenge for women of all ages. However, the older you get, the more difficult it can be. It has been found that 90% of women experience weight gain between the ages of 40-55, not coincidentally, during perimenopause and menopause. While nutrition, exercise and lifestyle changes are critical elements to weight loss, balancing your hormones and reducing overall inflammation after the imbalance that perimenopause and menopause caused, is vital to your success in maintaining a healthier weight.

Dr. Siobhan Kealy's and her Balance 3H Plus® Natural Weight Loss and Menopause Program is the answer for women over 40 struggling with weight loss; an alternative program to Hormone Replacement Treatment (HRT) with minimum or no side effects. Dr. Kealy's program will empower you to attain your optimal weight and rebalance your unique body chemistry naturally (no hormone pills or drugs) while putting your health first.

We are fortunate to be living at a time when the study of medicine is growing all around the world. Spearheaded, in part, by positive and renowned physicians like Dr. Siobhan Kealy, this research

proves previously elusive correlations, like the links between hormones, hunger, metabolism, and weight loss. It is also breaking completely new ground: for example, weight loss is not about calorie counting, but about creating the "correct" hormonal chemistry for fat burning and healthy cell metabolism.

Dr. Kealy's B3H+ Weight Loss Center in her Westchester office, Harrison, NY, sports the hormonal "Best in Class" staff. From physicians, nutritionists, and fitness experts, the following thought leaders are the class '5' staff: Dr. Siobhan Kealy, Nutritionists Jacqui Justice, Angela Russo, Angela Schiz, Louise Proia and fitness expert Lisa

Avellino. They are all vanguards of new paradigm medicine; they aim to repair and prevent rather than postpone the inevitable or mask symptoms with the newest drug or antidepressant. Change agents, super smarty pants, nutritional geniuses, hormone pundits, fitness virtuosos—whatever you choose to call them, this is the team you need to turn to when you need a dose of medical education.

Dr. Kealy's B3H+ Weight Loss Center continues to set new standards of excellence in support of menopausal women through research, innovation, advance technologies, and continued education.

For more information, visit www.drkealy.com

Follow Dr. Kealy's Balance 3H Plus® Natural Weight Loss and Menopause Program YouTube channel:

[youtube.com/channel/UCmnkKgU5dMMOdPKwUzQuNig](https://www.youtube.com/channel/UCmnkKgU5dMMOdPKwUzQuNig)

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