

How the SHAPE Program Works

If you're struggling with weight gain, fatigue, aches and pains, brain fog, blood sugar problems, hormone imbalances or other frustrating symptoms, you have come to the right place.

The SHAPE Program addresses all of these problems and more. Here's how it works:

- 1. Have a 15-minute consultation.** In this consultation, we'll talk about your health goals and how the SHAPE Program can help you reach them. You'll fill out a thorough health history and do a baseline urinalysis. Urinalysis is one way we track your progress on the SHAPE Program.
- 2. Establish a follow-up schedule.** We will meet weekly for the first 4 weeks of the SHAPE Program. At these visits, we'll do a urinalysis, talk about how you're doing on the program and have an opportunity to ask questions.
- 3. Receive your startup package.** Your SHAPE Program startup package includes a bottle of SHAPE Drops, a Program Guidebook and a Phase I Cookbook.
- 4. Follow the program as outlined in your Program Guidebook with any recommended changes.** Your Program Guidebook is your step-by-step guide on how to do the program. We will customize the program to meet your unique needs based on your urinalysis results and how you're feeling each week.
- 5. Watch your health and life change!** We know how hard it can be to create healthy habits and maintain optimal health. With the SHAPE Program, you'll learn new habits and because this program addresses the underlying cause of your symptoms, maintaining optimal health is possible!

We are here for you every step of the way. Whether you decide to do the SHAPE Program to lose weight, have more energy, improve your blood work, or just because you're ready to change your life, we know this program will get you where you want to go. It's simple, safe, and has thousands of success stories!

<https://shapereclaimed.com/patient-testimonials/>

Schedule an appointment with us today! Shelly Meier 563-554-0881-call or text

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