

Take the 30-Day Challenge to Better Health



Clinical findings published and validated in first 30 days:

Avg wt ↓ 16 lbs
Overall fat loss ↓ 11%
Visceral fat: 33% ↓ (9 weeks)
Waist: ↓ 4"
Blood Pressure ↓ 14%
Cholesterol: ↓ 15%
Triglycerides: ↓ 24%
LDL's: ↓ 13%
Inflammation: ↓ 25%
Blood Sugar: ↓ 6.2%
Insulin : ↓ 41%
Hunger: ↓ 44%
Increase in lean mass: ↑ 6-9%
Testosterone ↑ 20%
Gut flora (good bacteria) diversity ↑ 30%

To request the more information on the program that these ladies followed, contact

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