

# ChiroTHIN Weight Loss Program Frequently Asked Questions

In addition to our personalized services, Freedman Chiropractic Center offers the ChiroTHIN program to help our patients lose weight safely with the support of our East Brunswick chiropractor, Dr. Ken Freedman. To help you learn more about ChiroTHIN and decide if it is right for you, please review these frequently asked questions.

## **EXCESS FAT?**

**WHAT YOU CAN'T SEE WILL HURT YOU!**  
In the picture below on the left, fat surrounds the heart, stomach and brain. See the compressed knee joints!  
**LOSE THE FAT - TRANSFORM YOUR LIFE!**

**LOSE 20-35 POUNDS IN 6 WEEKS!\***  
**WITHOUT EXERCISE, DRUGS, HORMONES, PRE-PACKAGE FOODS, SHAKES OR BARS!**

\*Results typical.  
Individual results vary.

**CALL FOR PRIVATE CONSULTATION  
NO CHARGE OR OBLIGATION  
(Day, Evening & Weekend Hours Available)  
**(732)254-6011****

**250lbs**  **120lbs** 

**Brier Hill Court D-6, East Brunswick  
FreedmanChiropracticCenter.com**

**DOCTOR SUPERVISED  
CHIROTHIN  
WEIGHT LOSS PROGRAM**

Eligible for Health Savings and Flexible Spending Accounts. Payment Plans Available, If Qualified.

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## What is the ChiroTHIN Program & How Does it Work?

The ChiroTHIN weight loss program combines a very low calorie diet in combination with dietary modification, nutritional support formulas, and weekly doctor supervision. This helps you lose weight quickly and safely, without starvation, and supports long term weight loss. Our East Brunswick chiropractor, Dr. Ken Freedman, lost 40 pounds while following the guidelines of the ChiroTHIN program.

## **What Can I Eat on ChiroTHIN?**

Under ChiroTHIN, we will teach you the secrets of our natural, supervised eating plan. Instead of meal shakes or prepackaged foods, you will be able to eat natural foods available in your local supermarket and even dine out. We will teach you how to combine healthy foods that have anti-inflammatory properties and a naturally low glycemic index. By following the dietary guidelines, you will be able to lose weight quickly and safely. Most people typically lose 20-35 pounds in only six weeks!

## **Is There an Exercise Component to ChiroTHIN?**

There is no exercise component to ChiroTHIN. If you want to follow the ChiroTHIN Program and exercise, modifications will be made to your program. Be sure to consult with Dr. Freedman before doing any exercise program in conjunction with the ChiroTHIN program.

## **How Can ChiroTHIN Help Me?**

Being overweight can lead to health complications. Every extra pound of fat translates into four extra pounds of stress on your lower back, causing pain, joint disease, mobility difficulties, and increased risk of cancer or diabetes. By taking steps to lose weight naturally, you decrease your health risks, increase your mobility and ability to enjoy life to the fullest. We believe in a doctor supported approach to maintain consistent weight loss along with healthy lifestyle habits.

## **Who is Eligible to Participate in ChiroTHIN?**

Our chiropractor, Dr. Freedman, personally evaluates every candidate who wishes to participate in our weight loss program or achieve other personal health goals. Only those people who we can safely help are permitted to take the program.

## **Is the ChiroTHIN Program Safe?**

YES! The ChiroTHIN program is extremely safe. Most adults, and also children over the age of 10, can do it with outstanding results.

**To see whether you are eligible to take part in ChiroTHIN, call now to schedule a private consultation at no charge or obligation.**

Are you ready to take the next step in your journey toward better health and wellness? Contact us today for a consultation at no charge or obligation. Call our East Brunswick Chiropractor today at 732-254-6011 or complete the online appointment request form.