

MN ANGELS CLINIC



M N A N G E L S C L I N I C

MN ANGELS' ACUTE CARE INCLUDES:

- Preventative wellness programs
- Treatment of chronic diseases
- Once-a-month in-office testing
- Physicals
- Pediatric care
- Sports medicine and occupational therapy
- Weight loss program
- Affordable prescriptions and lab testing
- Fast referrals

PRESTIGE WELLNESS PROGRAM

If you are one of the many people who suffer from excess body fat, you are in luck. Dr. Georges T. Jabaly has taken weight loss to new heights. He has developed a program that guarantees a loss of 1+ pound(s) per week, and has a very affordable price tag. Dr. Jabaly is actually expanding his Holland-Sylvania location, and is dedicating the new wing for weight loss.

The new wing at the MN Angels Clinic, known as the Prestige Wellness Center, will have personal trainers, nutritionists, chiropractors/physical therapists and psychologists on site, ensuring that you never plateau, and that you reach your desired weight.

Dr. Jabaly's program is very inexpensive, and is all-inclusive. Not only do you get full attention from the trainers, nutritionists, chiropractors and psychologists,

Did you know that 60% of the U.S. population is overweight—35% is obese?

If you are suffering from chronic pain due to excess weight, Dr. Jabaly has the cure.

the program also includes so many visits with Dr. Jabaly, labs and tests, gym memberships, tracking of

progress, vitamins and supplements, and much more!

If you are more than 15 pounds overweight, and would like to take advantage of this program, do not delay! The decisions you make today will significantly impact your life tomorrow. Do not deny yourself the benefits of adopting a healthier weight and lifestyle. Take control today!

INSIDE :

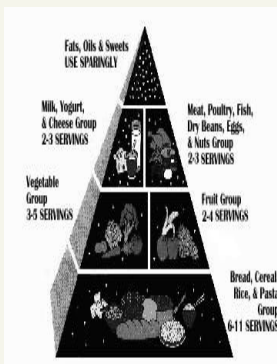
- Personal Training
- Proper Nutrition
- Chiropractic Care & Physical Therapy
- Psychological Care
- Did You Know?
- Diet Guidelines
- Prestige Wellness Center: We Are Centered Around You

PERSONAL TRAINING

Personal trainers are here to help! They will plan and lead exercise sessions perfect for you. They customize cardiovascular conditioning, flexibility training, and weight training to accelerate the fat loss process. They also track your progress and maintain complete and accurate client files. Trainers help you pursue your fitness goals.

With training and working out, you will receive many benefits. It improves your mental outlook because chemicals called “endorphins” are released from the body. It also wards off diseases and slows ones’ aging process! Body fat will be lowered, and muscle will be built. With more muscular strength and increased fat-free mass, your metabolic rate will speed up, causing you to burn fat even when you are resting.

Exercise is an essential part of any weight loss program. It strengthens one’s body, mind and confidence. Body composition is improved tremendously because muscle, bone, water and fat become proportioned. Also, motor fitness is strengthened. Speed, agility, eye-hand coordination and eye-foot coordination are developed. Your overall health and wellness are improved!



PROPER NUTRITION

In order to lose or maintain any weight, you must adopt healthy eating habits. One’s diet should consist of complex carbohydrates, protein and essential fatty acids. Fats should be consumed sparingly because they can lead to heart disease and obesity. On the other hand, they are an important energy source and help vitamins A,D,E, and K

absorb and transport through the bloodstream. Carbohydrates should make up 40%-60% of your diet. Do stay away from simple carbs, which include white sugar, preservatives, candies, etc[...] because they quickly absorb into the bloodstream and make you feel hungry right away. Complex carbs are a better choice and include

whole grains, fruits, vegetables, rice, pastas, etc[...]. You feel full for a longer period of time. Protein is the main component of muscles, organs, and glands. Foods high in protein include meat, poultry, fish, beans, eggs, nuts, etc [...]. Vitamins and minerals are also required to prevent any diseases, strengthen your immune system and more!

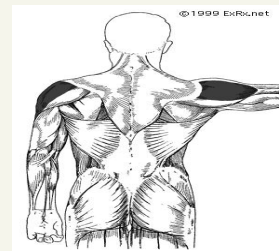
CHIROPRACTIC CARE & PHYSICAL THERAPY

You do not have to suffer from crippling, physical pain anymore. Dr. Jabaly’s Prestige Program includes chiropractic care and physical therapy for people dealing with such ailments. These professionals will help people with back pains, osteoporosis, joint and soft tissue inju-

ries such as fractures, neurological conditions such as strokes, connective tissue injuries, workplace injuries, sports injuries and more.

These professionals use a “hands on” approach to such care, and focus their attention on each individuals’

needs. They may “manipulate” a joint, or use electrotherapy, heat pads, ultrasound and ice. The techniques are many, but the goal is one: to prevent loss of mobility by developing fitness!



You do not have to put up with physical pain!

PSYCHOLOGICAL CARE



The Prestige Program includes psychological care. Weight loss is a tough journey, and venting ones' feelings and seeking guidance and motivation is very much needed in order to stay on track and reach one's goals. Do not allow stressors to stand in your way. Prolonged interaction with situations that disrupt the mind-body harmony can actually impair the immune system. Instead of facing weight loss alone and bottling up bad feelings, you will learn that it is better to increase

the positive, pleasure-producing thoughts and images in the mind, and this, in turn, will allow you to reach your goals! You do not have to be stressed at the thought of reaching an unrealistic body type. You do not have to settle with the thought of being overweight for life; rather, it will be emphasized to adopt healthy habits. You will reach a healthy body weight.

DID YOU KNOW?

Did you know that one pound of body fat equals 3,500 calories? In order to lose one pound, you would have to burn 3,500 calories.

Did you know that the higher your metabolic rate is, the easier it is to lose weight? Exercise allows you to overcome the "plateau" effect.

Did you know that muscle cells

are eight times more metabolically active than fat cells? The more muscle you have, the less fat you will have, and you will be able to lose weight easier!

Did you know that weight loss helps improve self image and confidence? You owe it to yourself to live a happy, healthy, beautiful life—both inside and

out!

Did you know that with exercise in a weight loss program develops will power? You will be able to stand up to bad cravings and bad choices. Also, the best diet is a balanced, low fat diet.

You owe it to yourself to live a happy, healthy, beautiful life—both inside and out!

DIET GUIDELINES

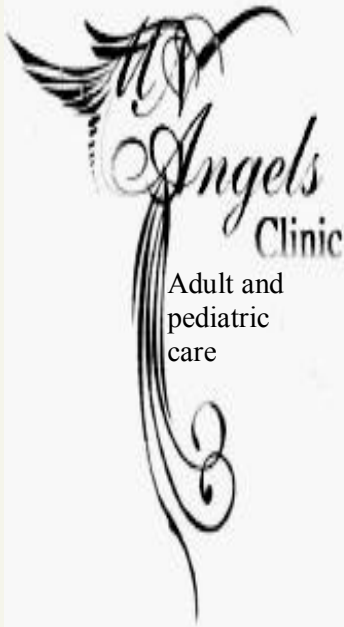
The best diet is a balanced low fat diet. Low fat food choices include fat free dairy products, fish, turkey, and chicken. Do try your best to avoid red meats. Complex carbohydrates in the form of whole wheat bread, pasta, rice, beans, vegetables and potatoes are also great choices. Avoid fizzy drinks, cakes, excessive cook-

ing oils, and processed foods. These are high in fat. More good food options include egg whites, fat free salad dressing, low fat cheese, water or fresh juice, nuts and fruits. Incorporate protein-rich foods, more fiber, calcium, and try taking a multi-vitamin daily. Do not deprive yourself from food; rather, opt for healthier food

groups!



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"cure is our mission"

P R E S T I G E W E L L N E S S C E N T E R W E A R E C E N T E R E D A R O U N D Y O U

Dr. Jabaly's ultimate goal is to better people's lives, and make them happier and healthier. His Prestige Program is designed to do just that. The whole team is here to support you through your weight loss journey. Do not give up hope on obtaining better health and a lower weight. The personal trainers, nutritionists, psychologists, chiropractors and physical therapists will make sure that you do not hit any plateaus and will assure you that you can truly do this. You will develop self confidence, will power, and a positive outlook on life.

You will learn what workouts work best for you, proper nutrition, and control. You will learn how to cope with stress,

and how to naturally release stress hormones. Also, if you suffer from musculoskeletal problems that effect the nervous system and general health, you will be treated. We are all here to help you. The Prestige team will become your second family. They will work with you through thick and thin, and you will come out triumphant in the end.

The decisions you make today will significantly impact your life tomorrow. Do not deny yourself the benefits of adopting a healthier weight and lifestyle. Take control today!



**Live healthy
Live long**