

# Optimal Body Natural Weight Loss Solutions

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WEIGHT LOSS CONSULTANT CORY APLIN Dr. Aplin has been helping people lose weight for over a decade. "Patients ask me all the time how I became so interested in weight loss. Surprisingly my path here initially had nothing to do with weight loss, but more to do with helping people live fuller, healthier lives. Being in Health and Wellness, I soon realized that weight gain has a way of creeping into all other aspects of a person's life. Their social interactions, their mental health, their physical well-being (especially with things like Obesity, Diabetes and Thyroid conditions on the rise), and physical pain. It's incredible how much weight gain can impact things like Lower back or knee pain. If you trace the lines back, and just try to imagine how many health benefits come from losing weight, really the positive effects are limitless". So how did you develop your weight loss programs? "Well, let me start by saying that there is no cookie cutter approach to losing weight. Everyone's body chemistry is different, which means that what works well for one person might not work well for another. That's why all of our programs are completely customized. We are able to delve deeper into someone's medical history, and take things like medication use, past surgeries, age, acidity, toxicity and hormone composition into consideration when developing a program. Plus, we

keep up with emerging research in weight loss. In fact all of our programs are based in scientific principles for how fat is burned on a biochemical level. As new research comes out, we incorporate new approaches to our programs in order to make them as effective as possible.”

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