



It's Not Just What You Eat, But How You Eat That Counts

by [Dr. Jacqueline Cooper, ND](#)

Why don't French women get fat? Experts have spent much time dissecting the rich foods they consume looking for answers. But perhaps instead of looking at what is being consumed more attention should be paid to *how* they eat. Lengthy lunch breaks and multi-course meals mean the French spend **more time eating less food** than we do here in North America.

Read [more](#) about the latest research regarding patterns of food consumption and how it relates to the duration and ambiance of a meal.

Why Apples Could Be Stopping You From Losing Weight

An apple a day keeps the doctor away, right? Not necessarily.

It's clear that eating a healthy diet with plenty of vegetables and fruit is an important component of weight loss. However, what is less obvious is that a seemingly "healthy" food may not be healthy for you. [Food sensitivities](#) are increasingly more common. And while there is greater awareness around the topic, many individuals suffer from an array of symptoms caused by an undiagnosed food sensitivity. Inability to lose weight is a commonly associated with food sensitivities. [Visit us](#) to find out more about how we diagnose and treat this health concern.

Cellulite - Now What?

Read our [blog](#) on the root cause of cellulite, what it says about the state of your health, and what you can do about it.



OPEN DOORS!!!

Drop by our clinic anytime to check us out! For more information visit our [website](#).

Monthly Feature

10% off our key weight loss supplements:

Weight Release II - fat burner

Weight Release III - appetite suppressant

WeightStop - metabolic support

SlimSmart - curbs carb cravings

Perfect for battling those last stubborn pounds, or to kick start a weight loss regimen in preparation for the spring-summer season.

Upcoming Events

[Watching Your Child's Weight](#)

[Healthy Weight Management](#)

[Thermography Clinic](#)

[Naturopathic Detoxification](#)

[Detoxify Your Home](#)

[A Toxic Bath?](#)

