

JIMMY HENRY MD, BCND, LEHP, MCPC
Transformation Coach & Wellness Consultant

Talk Title: SAY BYE TO STRESS BELLY: LOSING WEIGHT WITHOUT THE WAIT

Date/Time:

Guest Speaker: **JIMMY HENRY MD, BCND, LEHP, MCPC**

Do you struggle to lose weight, even after dieting and trying every weight loss trend, and feel frustrated that you can't keep it off?

Do you feel like weight loss medications stop working over time or cause side effects like palpitations or insomnia?

You are not alone. More than two-thirds of U.S. adults in the United States are overweight and 71% of Americans gained weight during the pandemic.

Weight loss is more than losing physical weight. It involves a mindset shift and the ability to transform toxic emotional weight into purposeful kinetic energy.



Come to hear about a natural approach to losing weight that most experts aren't even talking about. Here's what you'll learn:

- What causes stress belly, and the connection between fatigue and weight gain.
- Why conventional medical approaches and popular weight loss trends are not successful long term, and what things you can do to lose weight naturally.
- The A-M-E-N method that will help you get off the weight loss rollercoaster and get on with your life with more energy and less weight.

Your Speaker:

JIMMY HENRY MD, BCND, LEHP, MCPC is a fellowship-trained physical medicine doctor and board certified naturopathic doctor. He is also a licensed ecclesiastical holistic practitioner and master certified professional coach.

He began his personal wellness journey in 2016 after his dear cousin lost her battle with breast cancer. She was only 34 years of age without any known risk factors. He then realized the shortcomings of conventional medicine, and had the revelation that the cause of severe illness is more environmental than hereditary. While she was always hopeful that he could help her, he felt helpless as a physician that he was unable to do anything to save her life.

From there, he decided to prioritize his own health and wellness, which was exceedingly difficult being a doctor and business owner. Despite adopting a vegan lifestyle, he struggled with his weight and fatigue due to the stresses of helping his patients and managing his practice. He was also burdened by the disheartening reality that capitalism in healthcare was compromising patient care. It wasn't until he walked away from the stress of clinical practice, did he realize how much burnout he had been suffering with.

These lessons became opportunities to prioritize what mattered most, faith and family. Being called according to God's purpose, his vision focused on naturopathic medicine as a ministry. He believes that your body is your temple and your wellness is your worship. He provides wholistic wellness and fitness coaching to busy professionals, and offers natural healing options for those seeking an alternative approach to traditional therapies. Visit him at www.doctorwellfit.com to restore your best.

Biblical affirmation: "Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship." (Romans 12:1)

Client Review

Patrick H - Dr Jimmy is truly a Godsend! His program has transformed my body, improved my physical and mental health, and reformed my mindset concerning food! Since beginning the program 5 months ago, I have lost 31 lbs and I now eat more to nourish my body with proper fuel than to satisfy my emotions. I couldn't be more pleased! Thank God and thank you Dr. Jimmy!

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