
Every Weight Loss Journey is Unique



If you've ever thought about trying a weight loss program because your friend/sibling/neighbor had success with it, VitalityMDs' **Dalia Blunt, MS, NBC-HWC** reminds us that weight management is not a one size fits all proposition. "The reason for each person's weight gain is important to identify so that we can match the cause with an appropriate plan," she said.

The board-certified Health & Wellness Coach has helped hundreds of individuals at every phase of weight loss and learned a lot in the process. During an hour-long initial wellness visit, Dalia learns about each patient's health history, what has worked/not worked in the past and what they want to change.

"Every person is unique in their weight loss journey," said Dalia. "Many of my patients struggle from menopausal/hormonal weight gain. Others struggle with overeating or managing sugar cravings. A different group fights the urge to binge eat. Only after we really understand and listen to each patient can we recommend the best program for their personal needs."

During their work together, Dalia emphasizes the importance of creating an appropriate nutrition plan along with accountability for lasting results. Among the nutrition education topics addressed are macros, calories, good and bad carbs/fats, and how to manage cravings. The nutrition aspect is often coupled with supplements or medications such as GLP-1 for overeating, bingeing and cravings, or HCG to help reset a slow metabolism for those who have difficulty losing weight due to menopause or declining hormones. A maintenance program then works to ensure that patients keep their weight off long-term.

"Helping our patients become a healthier version of themselves requires nothing short of a personalized approach," she said. "Within a relatively short timeframe, weight loss results appear often accompanied by more energy, a sense of greater well-being, less joint pain and improved digestive health."

Dalia is passionate about helping people achieve their **weight loss** goals and loves to educate her patients about nutrition, gut health and how to reach and maintain optimal health. To schedule a wellness, weight loss and/or food sensitivity consultation with Dalia, call 480-425-8700.

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