

# *Weight Loss*



In a world filled with instant gratification, it's easy to think there's a magical cure for weight loss. All you need to do is find the magic pill, eat the magic food, or do the magic exercise. The ads say all you have to do is buy their magic product. Information is presented in just a way that it's easy to believe, especially if you've been struggling with your weight.

Dr. Chris Kessler is an elite wellness physician who is very proud of the weight loss program

offered at Legacy Clinic because it has no gimmicks or empty promises. He simply works with individual patients in one-on-one sessions to outline a program specifically suited to that person's needs.

"We have a state-of-the-art program for weight loss. However, there are no shots, no hormones, no HCG," Dr. Chris says. "It's all-natural, and helps detoxify the body from the inside out. It actually targets fat cells in the

body. If we can eliminate abnormal fat cells, the body is less inclined put them back on in the future."

Like every other treatment offered at Legacy Clinic, weight loss begins with lab work. All the doctors at Legacy Clinic are more than happy to interpret your lab work results at any time. They know the keys to finding the real problems inside your body and are more than happy to discuss their findings in a free consultation.

"We take blood work before



*Losing so many inches has been the highlight of my experience with the Legacy Clinic weight loss program. The support, in person or e-mail, of Dr. Chris on a regular basis was the essential factor in staying with the pattern day after day to be successful.*

—LOU ANN HARROLD



*I feel much more confident in myself, my self-esteem has improved no end, and I have a lot more energy. I also feel like my got my life back. I have kept the weight off for over seven months now. I dropped three dress sizes, and I found the program to be easy to follow.*

—BERNIE LUCAS



*I can't thank the doctors enough for all the help in my stroke recovery. I was depressed and Dr. Kessler encouraged me to join the weight loss program. My blood pressure, cholesterol, and blood sugar are stable. I'm exercising, walking, golfing, and eating better.*

—RICHARD BLUNNEY

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—DR. CHRIS KESSLER

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and after, because you're going to look and feel great afterward, but we, as doctors, like to see the biochemical changes,” Dr. Chris says. “We've had huge drops in blood sugar, cholesterol, and inflammation markers. We've had people come in specifically because their doctor said, ‘Either you lose weight or we're going to put you on medication. There are many reasons to lose weight, but it helps if you do it effectively and with long-term results.’”

Too much weight can lead to a variety of diseases and structural problems with the body. “Digestion problems are a major issue, and they have been reversed with this plan. Autoimmune diseases have improved on this program,” Dr. Chris says. “Losing weight helps with neuropathy and we're helping alleviate back, knee, neck, ankle, and hip pain as well.”

Diabetes is reaching epidemic proportions in the United States and much closer to home in The Villages. This insidious disease that eventually attacks major

organs if not brought under control. “Again, there are an assortment of drugs prescribed to control blood sugar,” Dr. Chris says, “but we've seen this weight loss program prevent people from getting diabetes and experience a reversal of Type 2 diabetes. They go back to their normal lifestyle and get off medications—statin drugs and metformin.”

When the blood work is reviewed—with the doctor showing you everything in your lab work and explaining what it means—the results are dramatic. “We have blood sugar levels dropping drastically, triglycerides dropping drastically, cholesterol levels dropping drastically, inflammation markers in the body dropping drastically in that period of time,” Dr. Chris says. “These are changes in your body we can show you with the final blood work.”

This is a weight loss program designed with all-natural foods, no additives, no hormones, no shots, just an individual plan to fulfill your body's needs.

“Our program intends that you lose weight in a short period of time. However, around 90 percent of that weight will stay off for at least 18 months after the program ends. Unlike other programs where you lose and put the weight right back on, this plan works,” Dr. Chris says. “The reason being we target fat cells. We detoxify the body. We get people healthy first and they lose weight second. You do not need to lose weight to get healthy.”

On top of an individual program developed especially for you, the doctor is available when needed. You can email any of the doctors at Legacy Clinic at any time. Whether you have a question about supplements or diet or inquiry about care, they will always get back to you.

“Our program is so good that we even offer a money back guarantee along with our program,” Dr. Chris says.

Contact Dr. Chris Kessler at [drchris@legacyclinic.org](mailto:drchris@legacyclinic.org) at any time.



#### DR. CHRISTOPHER KESSLER

Dr. Christopher Kessler became passionate about natural healthcare while teaching English in Japan.

After more than two years in Asia, he returned to the U.S. eager to help patients regain their health through chiropractic and wellness care.

The Rye, New York, native moved to Florida nearly 20 years ago, and earned his undergraduate degree from the University of Miami, and his Doctorate at Palmer College of Chiropractic in Port Orange.

While at Palmer, he completed over 100 hours in applied kinesiology, and was chosen to work with the president of the Chiropractic Board of Neurology. He also worked alongside Dr. John Lackenour, the college's leading professor in chiropractic care.

As a member of the Florida Chiropractic Association, Dr. Kessler spends his spare time studying and lecturing on nutrition, functional medicine, yoga, and spinal correction.

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*Dr. John will soon release a book called, “Prevention Playbook,” which contains what you need to know about preventing disease. “My goal is to provide awareness and help people know they have better options to find the true cause of their illness,” Dr. John says. “Patients can bring in their lab work, even walk-ins, and we can review it and give them information or tell them what needs to be checked out.”*