



Do it for yourself...

Meet the Romzek family. With Cornerstone Wellness MD, they lost over 500 pounds in less than 2 years and gained so much more than they ever imagined. More energy, more confidence, more vacations and more healthy years together. What will you gain when you lose? There's only one way to find out.

Do it for each other!



Ask about Cornerstone Wellness

Lifetime Management of Healthy Body Composition
Customized to Your Body Type and Metabolism

Remember, your scale weight is not what matters, it is the amount of fat you lose and muscle you keep that determines your health improvements and your appearance as well, since fat takes up 3X more space than muscle.

You will be tested by your Wellness Coach on a regular basis for your **healthy body fat**, **excess body fat**, **lean body mass** and metabolic rate using the most accurate bioelectrical impedance device in existence. Using your personal HIPPA compliant results, a customized dietary plan will be developed, as you can see on the bottom left corner, for your particular calorie and protein intake. This insures that you keep your muscle and primarily lose fat as this woman did. See that her **weight dropped 35 lbs**, her **fat level dropped 30 lbs** but her **muscle only dropped 5lbs**. She lost 3 dress sizes and her MD discontinued her medications for cholesterol and hypertension as well. She had a marked increase in energy and self esteem and just looks and feels phenomenal.

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female conference
June 3, 2019

Body Composition Test Results

Weight: 150 lbs

Lean Body Mass: 101 lbs

Total Body Fat: 32.91% (49 lbs)

Excess Body Fat: 8.91% (13 lbs)

Body Fat Goal: 24%



■ Lean Body Mass
■ Body Fat Goal
■ Excess Body Fat

Body Fat Guidelines for Women

Essential	10-13%
Athletes	14-20%
Fitness	21-24%
Acceptable	25-31%
At Risk	32%+

Your Progress



Test	Weight	LBM	BF	BF%
Current	150 lbs	101 lbs	49 lbs	32.91%
Last	160 lbs	101 lbs	59 lbs	36.92%
Initial	185 lbs	106 lbs	79 lbs	42.47%
Change From Last	-10 lbs	0 lbs	-10 lbs	-4.01%
Change From Initial	-35 lbs	-5 lbs	-30 lbs	-9.56%

Expand History

Your Dietary Plan

Basal Metabolic Rate (BMR): 1,508 calories

BMR + ADL + Exercise: 2,074 calories

Calorie Target: 1,200 calories

Protein Goal: 101 gms/day

Goal Date: 2019-07-21

Activity Level

Sedentary (office job)

Light Exercise (1-2 days/week)

Moderate Exercise (3-5 days/week)

Heavy Exercise (6-7 days/week)

Athlete (2x per day)

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A synergistic blend of all-natural supplements which can insure lifetime management of healthy body composition, the key to improved health, appearance, vitality and wellness.



Featuring:

- The first and only all-natural, incredibly delicious, gluten free, medical meal replacement designed to be used along with healthy meals of fresh, real food.
- The highest level of the best sourced, smoothest consistency, highest biological value (BV) and most satiating of all protein powders, whey concentrate.
- Highest levels (100-500% of DV) of the most most bioavailable forms of vitamins including methylated B12/folic acid, all 72 minerals and other micronutrients to improve energy and immune function.
- Six different fibers to insure regularity, medium chain triglycerides to reduce appetite and increase energy along with powerful anti-oxidants to curb the aging process.
- MetAssist tablets accelerate fat loss by blocking the conversion of sugar to fat in the liver, markedly reducing carb craving, normalizing blood sugar levels and hemoglobin A1C in diabetics and blocking the sweet taste buds on the tongue.
- OmegaHealth provides the highest levels of Omega3s, EPA and DHA, uniquely processed under a nitrogen blanket to completely prevent fishy smell from oxidation. OmegaHealth is the only Omega3 that is molecularly distilled 3X to create the purest Omega3 available anywhere and then bottled in blue glass jars to protect from air and UV damage. Omega3 aids fat loss, improve heart health and brain function and is the master anti inflammatory of the entire body.