

ChronoNutrition Dr. Gifing

Lifesteps Health & Wellness is now offering for the first time in America the health program developed and patented in Europe called “Chrono-Nutrition Dr. Gifing”.

ChronoNutrition is more than just a diet; it’s a whole new way of eating that follows the natural rhythm of the body as it secretes enzymes & hormones to break down the different types of foods we eat in a very calculated & organized way.

ChronoNutrition optimizes our body’s requirements by eating specified foods when they are most useful & advising what foods to cut out at other times. This helps eliminate those excess pounds caused by the storage of nutrients that the body has not broken down and further preventing the storage as fats.

The program does not involve counting calories, weighing foods; cutting fats, there are no forbidden foods. ChronoNutrition can be applied at all times, at work, home, on vacation or a business trip! It can be applied for your entire family, focusing children now for a long and healthy life.

With ChronoNutrition Dr. Gifing not only can you lose weight, but this method will also balance out your figure to be well proportioned without those ‘problem areas’. The program will improve your general health and reduce your likelihood to suffer from diabetes, high cholesterol, and high blood pressure.

InBody 720

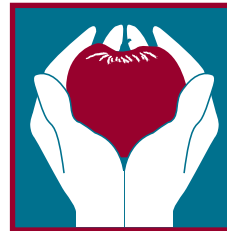
In conjunction with the ChronoNutrition Dr. Gifing program Dr. Stula is proud to introduce the new state of the art technology of the InBody 720 to the Lifesteps Health & Wellness facilities.

The InBody 720 is the precision body composition analyzer; it is FDA approved and uses internationally patented technology. InBody 720 provides a complete snapshot of your entire

body with non-invasive testing, comprehensive results, and all the essential data for monitoring your health and fitness goals.

Just a few of its uses include assessments of fitness and nutrition, hydration status, obesity management, weight loss control, sports medicine focusing on body development and balance, targeted exercise prescriptions, and much more!!

Gojko Stula, M.D. is the owner and medical director of LifeSteps Health and Wellness Clinic and LaDea Medical Aesthetics and Laser Clinic. Dr. Stula’s passion is combining complementary and traditional medicine in order to help his patients achieve optimal health. He has had a private practice in the Milwaukee area for more than 30 years and is well respected for forming a partnership with his patients that encourages sound nutritional practices and healthy lifestyle behaviors. Dr. Stula is an active medical staff member of both St. Luke’s and St. Francis Hospitals. As a Certified Menopause Practitioner with the North American Menopause Society, Dr. Stula utilizes bio-identical hormone therapy when appropriate. He is often the go to expert on hormone therapy for both men and women on television, radio, as well as physician and community groups.

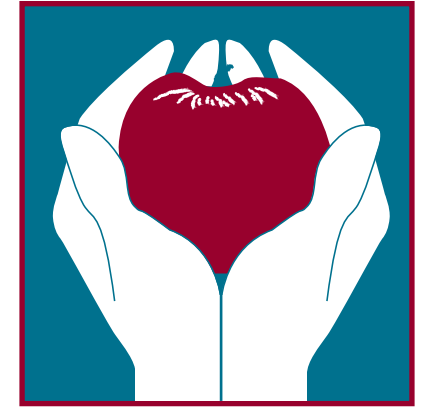


LifeSteps
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LifeSteps
Health & Wellness

Healthy-Aging
and Wellness Clinic

Helping you

look

and

feel
great

LifeSteps *services include treatments for* **Hormone Imbalance Weight Loss Adrenal Fatigue & Thyroid Disorders Healthy-Aging, Aesthetics & Detox Therapies**

Our Philosophy

Restoring natural balance and harmony in the body starts with patient education and preventive therapies. We believe optimal health is a choice and requires a partnership with your physician.

Balanced Hormones Balanced Life

Smart people know when you balance your hormones you balance your life. Dr. G.D. Stula offers support to men and women for all of life's changes to help you look and feel great.

Hormones decline as we age; bio-identical hormone therapy replaces the hormones that your body needs to function. Dr. Stula uses bio-identical or natural hormones versus chemical hormones. Bio-identical hormones are molecule-by-molecule, exactly the same as the hormones present in the human body. At LifeSteps we assess your individual needs and customize a medical plan specifically for you.

Weight Loss Philosophy

At LifeSteps we believe permanent weight loss occurs when the focus is placed on nutrition and lifestyle changes. Our goal is to support you throughout the process. Many patients also discover that when their hormones, adrenals and thyroid issues are addressed, their body weight starts to normalize. This typically occurs as your system is functioning as intended combined with the fact that you feel better and it's easier for you to become more active.

Adrenal Fatigue & Thyroid Disorders

At LifeSteps Health & Wellness both adrenal fatigue and thyroid disorders are often investigated as the symptoms can be similar.

Adrenal Fatigue is a collection of signs and symptoms, known as a "syndrome" that results when the adrenal glands function below the necessary level. This syndrome is commonly associated with intense or prolonged stress, it can also arise during or after acute or chronic infections, especially respiratory infections such as influenza, bronchitis or pneumonia.

Your thyroid is one of your body's most important glands and about 13 million Americans are affected by thyroid disorders. When your thyroid doesn't work properly, it can cause you to feel nervous or tired; make your muscles weak; cause weight gain or loss; impair your memory; and affect your menstrual flow.

Patients frequently come to LifeSteps after years of frustration. They struggle with extreme fatigue, insomnia, weight gain, depression and many other symptoms. Typically they have had lab tests and their doctor has told them their tests results are normal and there is nothing wrong. This only adds to their frustration and anxiety as they don't feel well. Time and time again their families start to wonder if their illness is in their head. The lack of support or understanding only adds to their stress.

Consistently we see patients who have spent thousands of dollars trying to find out what is wrong with them and have resigned themselves to feeling sick and tired all the time. This is no way to live.

Dr. Stula may suggest lab tests for patients as appropriate. However, your condition is not always reflected in lab tests. Equally important are your symptoms. For example, many patients have been on thyroid medication for years yet they continue to express every symptom of an under-active thyroid. By listening to the patient and charting your symptoms along with the lab results, sometimes Dr. Stula merely has to make medication changes or suggest a natural hormone to use along with the medication in order to help you feel better.

Adrenal fatigue and thyroid disorders do require a commitment from the patient. There is no magic pill. You will be asked to balance your diet, exercise and reduce stress. However, if you are sick and tired of being sick and tired, and are willing to do the work you are asked, LifeSteps Health & Wellness will offer you the care and treatment you need to get well.



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