

Doctor Created and Medically Supervised, Balance 3H Plus® Helps Make Weight Loss for Women Over 40 and Up Easier

With calorically-loaded, carbohydrate-laden foods everywhere and more people of all ages tipping the scales at dangerously high numbers each year, it's no secret that America's obesity crisis has reached epidemic proportions. Just one troubling study recently published by the Centers for Disease Control and Prevention estimates that nearly 40 percent of American adults and almost 20 percent of adolescents are obese, which are the highest rates ever recorded for the U.S. According to this same study, more than 70 percent of all Americans are now either overweight or obese.

Left unchecked, this can and often does lead to irreversible diseases like diabetes or pre-mature death. Of course, we have long known that the primary cause of being overweight or obese is indulging in too many of our favorite delicacies without enough exercise, although for some shedding those extra pounds requires a lot more than willpower and going the gym regularly. In fact, the older we are the harder losing weight becomes. For women over 40 and up who have had kids—and especially those who are either approaching or have already gone through menopause—weight management, no matter how calorie conscious and physically active they've always been, can be particularly difficult.

What most people don't realize, however, is that it's all about hormones and that a woman's body chemistry becomes different as they enter what is medically known as "perimenopause." Not only can this phase that can last ten years or longer and wreak havoc on a woman's hormones, the ones affected most are insulin, leptin and ghrelin, which are the three hormones that have the biggest impact on how we gain and lose weight. Fortunately, for those who are either in the beginning, middle or end stages of one of life's biggest changes, **Balance 3H Plus®**—a doctor created, medically supervised weight loss program for women ages 40 and older—offers a much-needed solution using the best available medical science.

Designed by renowned physician and hormone specialist Dr. Siobhan Kealy and with two conveniently located offices in Westchester County and Manhattan, **Balance 3H Plus®** also presents a significant alternative to traditional weight loss programs, combing the clinical results of comprehensive blood testing to create customized meal plans and hormone balancing based on a patient's individual needs, and without pills or injections that are often unsuccessful and can have harmful long-term side effects. Beyond her extensive medical expertise and training, Dr. Kealy knows firsthand what it's like to be a woman in midlife and to sometimes feel tired, overwhelmed, overworked, cranky, bloated and even unattractive, which is why she created the program.

In doing so, her goal was to use her own journey as a source of inspiration to empower menopausal women to make positive nutritional choices so they can reach and maintain a healthy weight in order to lead happier and more fulfilled lives. Addressing both lifestyle and dietary changes, and at the same time harnessing the body's natural fat burning process for weight loss, the **Balance 3H Plus®** program involves a two-week detox followed by a 4-week, scientifically-driven regimen, providing a diet that works with each patient's hormonal chemistry to achieve weight loss. Among other things, this includes:

- A medically supervised weight loss program that has a proven track record
- The Health365 blood test that looks at over 20 biomarkers including your hormone imbalances, DNA, genetics and many other health risk factors
- In-depth evaluation lab results, as well as an exclusive doctor created hormone balancing and weight loss protocol
- A one-hour phone or skype consultation with Dr. Kealy
- Four in-person meetings with expert nutritionists
- Unique meal plans and nutraceuticals, as well as an all-natural supplement program and ongoing guidance
- A reboot exercise program to help rev up metabolism
- Weekly weigh-ins available to evaluate changes in body composition.
- Educational material, handouts and tips to help succeed and keep weight off

Since last year, **Balance 3H Plus®** has also been working with The Salerno Center for Complementary Medicine, a Manhattan-based practice that aims to promote wellness through nutrition, a range of therapies and natural supplements. Together, this partnership has enabled them to provide a comprehensive holistic health and wellness program specifically designed to meet the long-term needs of each patient.

“One of the amazing things about weight loss and hormone balance is they go hand-in-hand,” says Dr. Kealy. “Just as hormone balance leads to weight loss, losing a few pounds can bring your hormones back into optimal levels, which will lead you to lose weight effortlessly and safely. My mission in founding this program and in partnering with The Salerno Center for Complementary Medicine is to help women feel vital, balanced and sexy both inside and out.”

Adds The Salerno Center for Complementary Medicine founder Dr. John Salerno: “Key to achieving the results you want and need from any weight loss program, which is hard at any age and even more so for women over 40, is ensuring that clients have the right practical tools, guidance and support. We share Dr. Kealy's philosophy—addressing the underlying issues and not just the immediate symptoms—and we are delighted to partner with Balance 3H Plus® in order to bring added value to this this much needed program.”

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For more information, visit <https://balance3hplus.com>.

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