



Mykala Morin, Innovator of Smart for Life - Texas Brings New Natural Wellness and Weight Loss to DFW

Natural Weight is a medically supervised program that works to assure rapid weight loss, but more importantly provides weekly tools and training to maintain a target weight through natural foods and a simple to follow program.

Jan. 7, 2010 - [PRLog](#) -- New Weight Management and Wellness Concept Introduced to DFW by Ms. Mykala Morin, Innovator of Smart for Life in Texas

Mykala Morin former owner of the Smart For Life Weight Management Centers in Texas is now working with David M. Klein, Ph.D., a developer of that national brand, to introduce their next generation weight management and wellness centers to Texas .

Natural Weight For Optimized Living™ offers a comprehensive, medically-based and supervised weight management and wellness program that enables you to become healthier at any weight, as well as providing weight loss and management programs that help people to improve their health and to keep weight off long term. It is an especially good program for the treatment of weight-related metabolic syndrome factors, such as type II diabetes and hypertension.

According to Michael Richman M.D., F.A.C.S ,Cardiothoracic surgeon and CEO of The Center for Cholesterol Management, “Metabolic Syndrome is reflected by over nutrition and a sedentary lifestyle that ultimately culminate in abdominal obesity. It is characterized by a clustering of risk factors that place an individual at increased risk of a cardiovascular event.’

Natural Weight’s clients work with an integrated team of physicians and healthcare providers: Doctors, coaches, and educators working together to assist clients with achieving their goals.

“The core philosophy of our program is to teach people to normalize their blood sugar through the use of portion controlled products,” stated Dr. David M. Klein, founder of the Natural Weight program. “In this way, no matter if you are looking to lose weight, have problems with afternoon low blood sugar, or are just interested in maintaining your weight and strength, our products meet your needs’.

As a foundation for this, the company offers a complete new line of nutri-food products, called DOLiPs (Daily Optimized Living Portions) which afford people in the weight loss program, as well as other clients, to ”mix and match” different products, which are varied for calories, protein and appetite suppression. There are products for weight loss, weight management, and for active athletic people needing to raise and steady their glycemic index.

BOTH Diet and Non-Diet products have been developed to help individuals stabilize their blood sugar and metabolism during the day. No Peaks. No Valleys.

The Natural Weight program teaches proper nutrition, but also addresses root causes of weight issues:

genetic, medical, psychological, emotional, and behavioral factors.

“The majority of people who have weight to lose are not at a specific weight solely because of their genetics, although that certainly plays a role. They are at that weight because of a COMBINATION of being genetically predisposed, but also because of their experiences and attitudes; quite simply, they eat because they ‘know’ they will be fat, or their eating is an emotional response to stress,” explained Klein.

“ We know we can lose weight...but we also ‘know’ that we often just gain it back. But what if you knew you could keep it off?”

What Natural Weight does is to provide its clients the experiences they need: emotionally (through weekly support and weigh in sessions), behaviorally (through losing weight quickly and experiencing their old habits go away and new more rewarding ones replacing them), and educationally (through easy learning tools) that then cause their experiences to change.

”I have always believed that low-calorie diets needed to be medically supervised AND have systems in place to make certain the person is focused and ‘mentored’ through their weight loss, and importantly, their ability to MAINTIAN that weight loss” Ms. Morin said, “and that’s why we joined with Natural Weight”.

With medical supervision a person can safely lose 5 pounds the first week and about 2.5 pound every week after. This amounts to approximately 12 to 15 pounds a month. These results keep people motivated and on-track towards goal.

A 1999 study from the University of Florida , on “the effects of exercise-focused versus weight-focused programs on the management of obesity” found that during the year following initial weight-loss treatment, participants in the program focused only on weight loss demonstrated significantly greater reduction in fat consumption and significantly better maintenance of weight losses than subjects in the exercise-focused program.

Natural Weight for Optimized Living has one center in Plano with a second location opening a few months in Ft. Worth.

They can be reached at 972-447-0473 or www.NaturalWeightDFW.com .

For information, please contact Mykala Morin at 972-447-0473 or mykala@naturalweightdfw.com

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