

RESET™

Ready, Set, RESET!

IS 2009 THE YEAR YOU TAKE CONTROL OF YOUR WEIGHT AND HEALTH?

Join Dr. Melissa Millner as she shares the secrets of food addiction, weight loss, and detoxification.

Two class options available:
Monday, January 5th from 6:30-8:30 pm.

OR Saturday, January 10th from 9-11 am at:

Schoolhouse Square,
3rd Floor of Premier Bank
"The Renaissance Room"

Call 651-353-4325 to reserve your free seat and class materials.



"I have chosen to use USANA's Macro-Optimizers for my patients because they not only contain good protein and good fat, but they also contain low-glycemic carbohydrates. They are complete and balanced foods that offer you the much needed jump-start to breaking your old eating habits."

Simple & Convenient

With all of the individually wrapped meals and snacks you will need, RESET takes the guesswork out of eating right while on the go.

Low-Glycemic Formulas

Research shows that eating low-glycemic foods as part of a balanced diet is a healthy way to help control hunger and start losing weight.

Quick Results

One USANA study found that the average weight loss after completing the 5-day RESET is about five pounds.



*These statements have not been evaluated by the Food and Drug Administration. The USANA Reset: 5-Day High Fiber Cleanse is not intended to diagnose, treat, cure, or prevent any disease.

It is suggested that you take these products to your physician and secure his or her advice if you intend to change your diet, begin an exercise program, are pregnant, lactating, have allergies, are taking medications, or are under the care of a physician. The components of the USANA Reset: 5-Day High Fiber Cleanse are FOODS, not DRUGS.

As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term weight loss results. Results will vary.