



Cheryl Dison Founder/President

Before I had my first child, my body was in great shape. In fact, my doctor told me I needed to gain more weight for my pregnancy. I started eating everything, with the mind-set that this was the correct thing to do. I gained 68 pounds with my first pregnancy due to a lack of guidance and poor eating habits. Everyone said I was eating for two and that I would lose the weight between breastfeeding and post pregnancy. Instead of losing weight as I had expected, I gained more weight throughout the years. During my last pregnancy I also developed gestational diabetes.

For 12 years I tried many weight loss programs that were available. I experienced countless disappointments from not obtaining the results I had hoped to achieve. If only I had a “Healthy Beginnings” source for support and guidance on healthy eating habits during pregnancy, I would have avoided the unnecessary weight gain and years of hopeless struggle.



I developed LifeTurn Healthy Beginnings® program to provide the guidance and support for all stages of motherhood. You may now avoid the suffering which many women have experienced in the past with unhealthy weight gain during pregnancy. Enjoy the ease and comfort of gaining healthy baby weight while eating nutritionally sound for you and your baby. LifeTurn® is the right choice, the only choice!

Call for a free consultation today

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 On-site services available upon request • Services may be covered by your health insurance

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HEALTHY BEGINNINGS

For All Stages Of Motherhood

Nutritional coaching to support:

- Fertility
- Healthy pregnancy weight gain
- Nursing mothers
- Post-pregnancy weight loss

Nutritional Coaching Program

We are now offering our new innovative program for “mommy and baby” exclusively at LifeTurn®. For the first time a complete program that will teach you how to gain healthy weight needed for pregnancy and delivery. LifeTurn Healthy Beginnings® offers unique personalized meal planning tailored to meet your needs and the needs of your developing baby. Our nutritional plans work, whether it is to increase your fertility, gain healthy pregnancy weight, prevent excessive weight gain, or to lose that stubborn post-pregnancy “baby weight.”

Pregnancy Program

Don't let pregnancy be an open door to obesity! “Eating for two” does not mean doubling your food intake. It means consuming the right balance of calories and nutrients during each trimester which can help assist in fetal development, as well as an easier labor and delivery. What you consume during pregnancy can play an important role in your health as well as the health of your unborn baby. LifeTurn Healthy Beginnings® offers personalized meal plans, sound nutritional coaching, and accountability to optimize better health for “mommy and baby” throughout pregnancy.

Post-Pregnancy Program

It's never too late to lose the weight for mothers who did not have the opportunity to participate in our pregnancy program. We offer personalized menus that promote healthy long-lasting weight loss results, while increasing energy that is needed to properly care for your baby. LifeTurn® offers the support and monitoring necessary to achieve your desired goals. Specialized meal plans with additional essential nutrients are available for breastfeeding mothers.

With LifeTurn®, there is no need for guesswork because our registered dietitians and staff do all the planning for you.

Infertility Studies Have Shown

- Proper nutrition is vital to support healthy hormone production.
- Proper nutrient levels and well-functioning digestion aid and support in hormonal operation.
- Certain foods can aid in allowing your body to be a friendly host for sperm.
- Body weight often affects fertility in men and women.
- For men: Too much or too little body fat can result in imbalanced reproductive hormones, reduced sperm count, and abnormal sperm.
- For overweight women: A 5-10% weight reduction may dramatically improve ovulation and pregnancy rates.
- For underweight women: Healthy weight gain through proper diet can help regulate ovulation and menstrual cycles.

Infertility Program (Weight Reduction or Weight Gain)

MEN: Personalized meal plans designed to help support testosterone and sperm production, as well as enhance fat metabolism, blood flow, and overall energy.

WOMEN: Personalized meal plans to help increase the production of progesterone, and other hormones that enhance the reproduction process.



Proper Nutrition Can Help Prevent:

- Nausea & fatigue
- Indigestion
- Miscarriages
- Various birth defects
- Anemia
- Pregnancy induced hypertension (PIH)
- High blood pressure
- Gestational diabetes
- Diabetes
- Obesity
- Heart disease
- Low birth weight
- Macrosomia (Big baby)
- Preterm delivery

Proper Nutrition Also Promotes:

- Fertility
- Ovulation
- Healthy hormone production
- Proper fetal growth
- Stronger immune systems
- Easier labor & delivery
- Better sleep
- Increased energy
- Better overall health