

BURN FAT *and* INCREASE LEAN BODY MASS

Customized nutritional, supplementation and exercise programs.
Counseling on body composition, hormonal balance and blood chemistry.

*Nelson Vergel has given over 500 lectures on health and wellness in the past 15 years. He is the co-author of the book **Built To Survive: A Comprehensive Guide to the Medical Use of Nutrition, Exercise and Anabolic Therapies**, creator of the Body Positive Wellness Center and an expert at www.TheBody.com.*



GET READY FOR SUMMER!



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