

WELLNESS IS NOT ONE-SIZE-FITS-ALL

BY DR. CYNTHIA BARRETT, PT, DPT, CSCS, CNS

Each individual has a unique physical and chemical makeup. The latest research indicates our microbiome determines our overall health and well-being. This is why conventional diets often fail for so many well-intentioned people. Studies show the bacteria in our gut plays a major role in the function of our body and our mind. A healthy gut leads to a healthy mind. Understanding this connection—and understanding ourselves—can heal on many levels.



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It is really simple: everyone is different. Wellness Couture analyzes what it takes to make each individual healthy:

- First, we **EVALUATE** a person's unique physiology, chemical make-up, and gut microbiome by running a battery of tests. We analyze genetics, food sensitivities, and allergies, micronutrition deficiencies, neurotransmitter and hormonal imbalances, cardiovascular fitness, body fat composition, lean muscle mass, and bone density. We analyze the patient's complete medical history (from birth to present) and conduct a thorough lifestyle analysis.
- We then **FORMULATE** a nutrition, fitness, and lifestyle plan specific to that person's unique physiology and predispositions. It is the opposite of a one-size-fits-all approach. We also formulate custom supplements when necessary filling in our patient's unique nutritional gaps.
- We **EXECUTE** the plan from six months to one year (this is a lifestyle change), track progress every two weeks and adjust the plan as necessary whenever there are challenges.

We have seen results across all ages and demographics, including business professionals, stay-at-home moms, or children with sensory and developmental delays:

- A middle-aged businessman who thought he needed to lose only 8 pounds lost 38 pounds and 6 inches off his waist.
- A woman in her 30s, who had smoked for 10 years, was able to stop.
- A stay-at-home mom in her 40s reports more energy after improving her diet and taking the natural custom supplements we developed specifically for her.
- The mother of a 10-month old child weaned her baby off a proton-pump inhibitor and saw him improve from "failing to thrive" to finally absorbing his food and growing. He is now on the growth charts with his peers and thriving.
- A former college athlete regained his cardio fitness and cut his 1-mile running time from 12 minutes to 7. He's now in the best shape of his life.
- An 18-year-old woman no longer suffers with chronic headaches after discovering her food sensitivities and changing her diet.

When we eat well, we feel good. When we feel good, we thrive. Your health is your wealth. If you are interested in learning more, we would love to help you start your journey to wellness.

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