



# So you want to ReClaim your Health?

Please enjoy this excerpt provided by Dr. Todd Frisch,  
Founder of SHAPE ReClaimed





# What **SHAPE** is your health in?



Registered Nurse, Bridgette Zmorowski has been coined the “Pathfinding Nurse” due to her ability to forge new paths and map out a plan of action on her client’s journey to wellness. Each client is unique and has varying challenges. Bridgette keenly listens for intricate details that help her “think & link” and navigate the best approach for each client.

Services Offered: SHAPE ReClaimed a curtailed anti-inflammatory program, one on one & group sessions, blood/lab work, hormonal testing, personalized care plans, facial diagnosing, medication & supplement review, access to high quality vitamins & minerals, therapeutic listening, and living well solutions.

Bridgette offers virtual telehealth coaching and consulting making it easy and convenient to schedule your appointments. Bridgette works with your schedule to help you reach your goals faster. No more time wasted driving to and from appointments. Spend time doing what you love, not waiting in a room full of strangers.

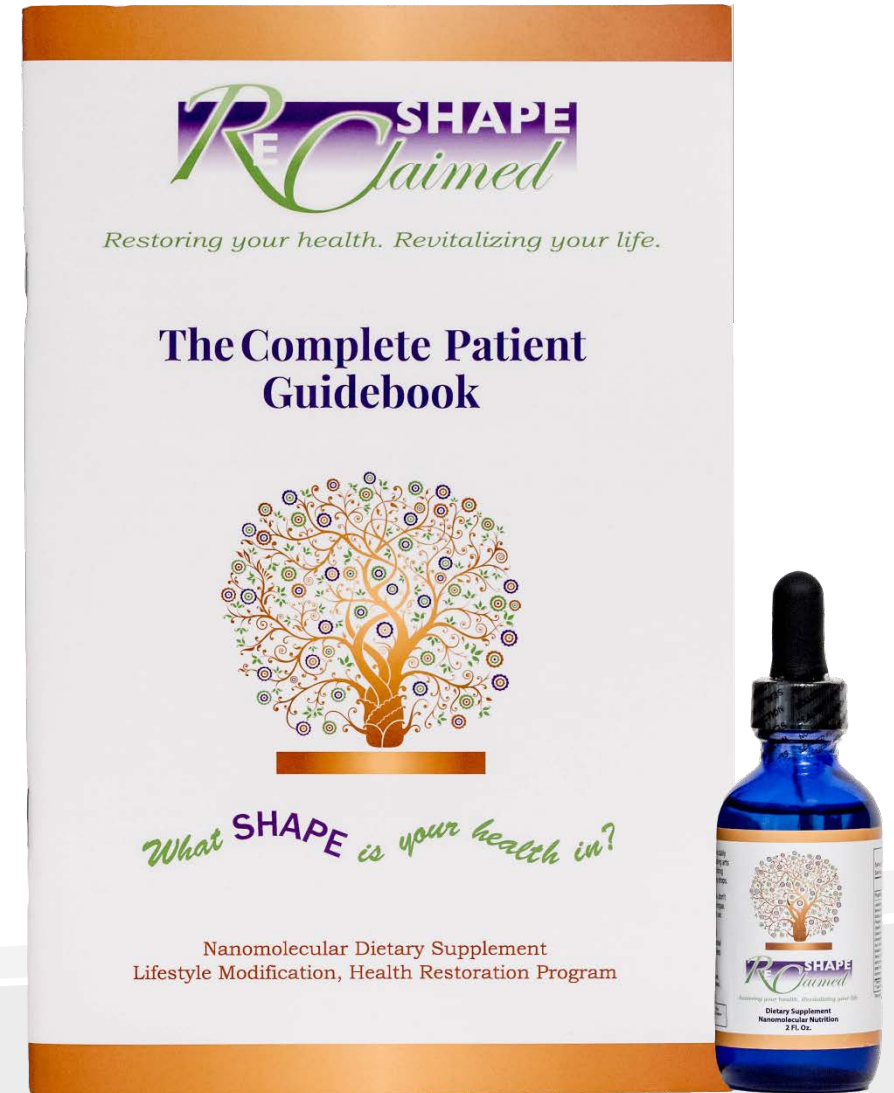
Bridgette offers weekly & monthly client check in’s that are more like conversations with a friend. Bridgette provides a safe space to celebrate successes and overcome challenges. This allows for her clients to blossom and shine.



*Restoring your health. Revitalizing your life.*

# What is SHAPE ReClaimed?

- A safe, effective and practitioner-guided health transformation program.
- Combines whole food nutrition and the SHAPE Nanomolecular Dietary Supplement
- Customizable program can help you restore your health and revitalize your life.



# What makes SHAPE ReClaimed different?



- NOT a diet or a weight loss program
- Practitioner-monitored for accountability and one-on-one support
- Customized to meet your unique needs
- Learn life-long skills for long-term health
- 100% real, whole foods
- Focus on total health restoration, not number on a scale
- Addresses the underlying cause of common health conditions



**With SHAPE ReClaimed, it's not  
about what you'll lose.**

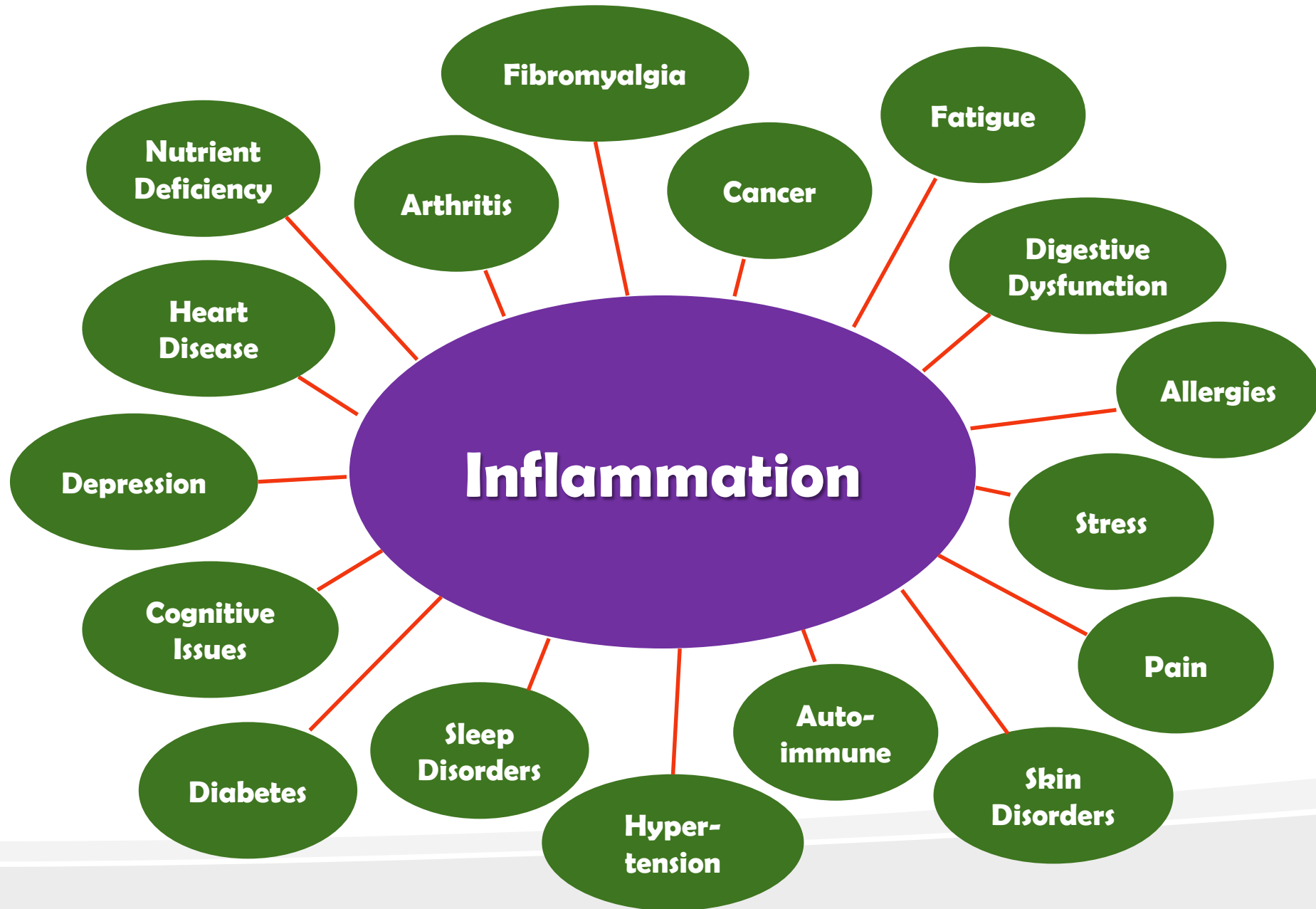
**It's about what you'll gain.**

-Dr.  
Todd Frisch

# The SHAPE ReClaimed program helps restore your health by:

- Reducing **inflammation**
- Cleansing and **detoxification**
- Strengthening **immunity**
- Releasing toxic **weight**





# Benefits of the SHAPE ReClaimed Program

- Reduce inflammation
- Enhance immune function
- Release excess, toxic weight
- Decrease pain
- Improve digestion
- Discover and potentially resolve allergies
- Increase energy
- Improve sleep
- Decrease or eliminate medication dependency (with practitioner supervision)
- Improve blood sugar, blood pressure and cholesterol/triglycerides
- Improve mood
- Improve mental clarity
- Balance hormones
- Improve skin, hair and nail health
- Create a healthy relationship with food
- Learn life skills for long-term health
- One-on-one practitioner support
- Create a community of like-minded people in our OFFICIAL SHAPE ReClaimed Support Group on Facebook
- Restore your health and revitalize your life!







# Is SHAPE ReClaimed for Everyone?

## **Absolutely consider it:**

- Fibromyalgia
- Fatigue
- Digestive disorders
- Hypertension
- Blood sugar imbalances
- Cardiovascular problems
- Sleep problems
- Skin disorders
- Joint problems
- Autoimmune diseases
- Excess weight, even with diet and exercise
- Complicated relationship with food

## **Maybe not:**

- Pregnant or nursing
- Undergoing chemotherapy or radiation
- On dialysis
- Schizophrenia
- Eating disorders

## **Require close monitoring:**

- Diabetics
- Obese grade-school children
- Extreme morbidly obese patients
- Patients on several prescription medications
- Elderly patients

A woman with short, curly white hair, wearing a grey long-sleeved sweater and dark jeans, is shown in profile from the waist up. She is wearing red boxing gloves. Her right arm is raised with the fist clenched, and her left hand is on her hip. The background is a plain, light color.

**“Some succeed because they are  
destined to, but most succeed  
because they are determined to!”**

- Henry Van Dyke

# How to Be Successful on the SHAPE ReClaimed Program:

- Determine your WHY
- Set attainable goals
- Take ownership of your health and education
- Read and re-read *The Complete Patient Guidebook*
- Use the resources at [www.shapereclaimed.com](http://www.shapereclaimed.com)
- Focus on TOTAL HEALTH RESTORATION (not weight loss)
- Follow UP and follow THROUGH with your practitioner



## Fail to Plan, Plan to Fail

- Commit to the program
- Understand the potential challenges ahead
- Prepare for stumbling blocks
- Make a plan
- Work your plan

*“Give me six hours to chop down a tree and I will spend the first four sharpening the axe.” – Abraham Lincoln*



**"If people let the government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls of those who live under tyranny."**

Thomas  
Jefferso  
n





**“God created food  
for human life.  
Man made food  
for shelf life.”**

- Dr. Todd Frisch



## Before You Begin

- Fill out and go over:
  - Informed Consent & Acceptance of Responsibility
  - Toxicity & Inflammation Questionnaire
  - Mental Well-Being Checklist
  - Health history (be *very* thorough)
- Discuss
  - How long have you struggled with inflammatory symptoms and toxic weight?
  - How many different program have you tired?
  - Why have you decided to do the SHAPE ReClaimed program?
  - What are your health goals?