

# Local Fireman Loses 29 POUNDS & 21 INCHES In Just 2 Weeks!



West Haven Firefighter Roger Sicotte of Milford, CT, is one of hundreds of local residents who have had great success losing weight with an All-Natural Liver and Kidney Cleanse. Supervised by Dr. Matthew D. Paterna of Shoreline Family Chiropractic and Wellness, countless patients over the past four years have regained their health and vitality with this ALL-Natural Cleansing Program.

The BIGGEST mistake most people make is that they attempt to lose weight by trying fad-diets, eating less or taking dangerous supplements. Unfortunately, these are all short-term solutions and most of the time the weight comes back because we never address our body's toxicity.

Fact: Every week we are exposed to more than 82,000 environmental toxins, which come from the air we breathe, the 10,000 additives and preservatives in our food, our water, household cleaners, cosmetics and medications just to name a few. All of these toxins enter our body. If our liver and kidneys (our body's filters) are unable to filter these toxins, the body produces fat to store these toxins. Fat keeps the toxins away from our vital organs and blood stream. This is the fat that surrounds our midsection, liver and kidneys.

What if you never cleaned the filters in your car? Would it run well? Of course not! By cleansing your liver and kidneys you produce less fat and burn the fat you have.

The program peels off the fat, increases your energy, promotes lean muscle mass, and improves mood and focus. "What we have seen in our patients is nothing short of miraculous," explains Dr. Paterna.

The program is safe, effective, ALL natural and supervised by  
Wellness Expert Doctor Matthew D. Paterna, DC

This is NOT a starvation diet, fast or colonic  
It is a complete, nutritionally-balanced program

*"After only 2 weeks I lost 16 pounds, my headaches are gone and I am sleeping through the night" Alice D.*

*"I lost 77 pounds over the past 6 months and it wasn't that difficult" Mary D.*

*"I have tried EVERYTHING and finally something that makes sense, that works and is affordable. Thank you Dr Paterna!"  
Chris H.*

*"Between my Chiropractic Care and Cleansing I have never felt better!!" Jean R.*



## COUPON

Free 30 Minute Dr. Supervised  
Cleanse and Weight Loss Consultation  
Call 203.932.4476  
Expires 01/09