

Join Our Health and Wellness Challenge

By Page Harty, Partner, Director of SignatureWOMEN

Are you tired of starting the new year with good intentions about improving your health and wellness? Do you start only to give up after a week or two has gone by? If that sounds like you, then I invite you to join me for our very first **SignatureWOMEN Health Challenge**.

I'll be kicking off 2015 by signing up for the 21-Day Belly Fix Coaching Package, offered through the [Atlanta Center for Holistic & Integrative Medicine](#). I'd love for you to join me in this challenge, which begins January 5. *(Please note: There is a \$299 fee to sign up for the coaching package, which includes the book, The 21-Day Belly Fix, and supplements.)* Then, on February 18, we'll be hosting Dr. Taz, M.D., the creator of the 21-Day Belly Fix, for a special event. This free event will be open to everyone—you don't have to purchase the coaching package to attend.

A Path to a Healthy Life

Today we face more choices about our health than ever before. Not only do we have to navigate a landscape of unhealthy food choices, but we also have to sort through loads of conflicting health information as we try to find our way to a healthy life in body, mind and spirit. With these challenges in mind, I recently decided to try something new that is all the rage when it comes to dieting these days: a "clean" diet.

Experts are telling us that having a clean gut will eliminate minor and major health problems, including weight gain. Alejandro Junger, M.D., *The New York Times* best-selling author of *Clean*, says that we are all walking around with damaged guts and suffering the consequences in our day-to-day long-term health. He believes a program to heal your gut will put an end to everyday ailments, reverse chronic disease and help you achieve true long-lasting health.

I have read enough about this type of diet to want to try it. What do I have to lose, other than weight?



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So, I decided to find a doctor in Atlanta who uses a functional medicine approach—digging deeper into root issues and treating the underlying cause of symptoms to restore *whole* health. I asked my healthy friends what they thought about this approach to health and weight loss and if they knew of any doctors in the area who specialized in this area.

One name kept coming up in conversation: Dr. Tasneem Bhatia, an Atlanta M.D. who practices this type of medicine. She goes by Dr. Taz and is an integrative and functional health expert who focuses on treating the whole person, drawing from both conventional and Eastern medicine. She's the founder and the medical director of the Atlanta Center for Holistic & Integrative Medicine and is the author of *The 21-Day Belly Fix*. (You can read more about Dr. Taz on her [website](#).)

The Power of Community

I'm excited about my upcoming appointment at the Atlanta Center for Holistic & Integrative Medicine. But I'm also a little worried about this challenge I've given myself. Unfortunately, no matter how inspired or disciplined I've been when I embarked on wellness programs in the past, at some point I have always gotten off track. I know this is natural and it happens to most people, yet very few people talk about this problem openly or about how to address it. I think that community is a major part of the solution and that practicing wellness as part of a community might lead to better success.

So, I would like to take advantage of the support of others in the SignatureWOMEN community who are interested in taking this health and wellness journey with me. If you think this is something you would like to start the new year with, please join me in the SignatureWOMEN Health Challenge. We can be accountable to each other and help one another when our motivation shifts.

How can we start? Dr. Taz's practice is offering the health and wellness challenge beginning on January 5 at her office. I have signed up already and have also read her book, *The 21-Day Belly Fix*, cover to cover. A couple of our clients have signed up as well. If you are interested in joining this challenge, visit [this link to learn more or register](#).

If you decide to enroll, [please let me know](#) so I can set up a site for us to keep track of our progress and serve as a vehicle to encourage each other.

If you are interested but not yet ready to commit to the 21-day diet plan, no worries. Dr. Taz has agreed to be a speaker for SignatureWOMEN on Wednesday, February 18, at 5 p.m. If you would like more information and an invitation to this event,



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please contact me at page.harty@signaturefd.com and I will make sure you receive one.

Please join us, pick up Dr. Taz's book, *The 21 Day Belly Fix*, and learn more about the plan. Hopefully, we will have some success stories of our own to share that day as well!

About SignatureWOMEN

At SignatureFD, we understand that a woman's wealth management needs are as unique as she is. In response to that, we created SignatureWOMEN, our innovative solution to helping women like you build and grow their wealth. SignatureWOMEN is a comprehensive wealth program that covers every aspect of your financial life, with the ultimate goal of empowering you to use your wealth to live a great life.

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