

35801 MAGAZINE ARTICLE

Begin a Healthy Journey With the Alison Wellness Clinic

By Mike Chappell

The Alison Wellness Clinic has seen its share of success stories since Bill and Christy Alison opened the clinic a little over three years ago. The program offers patients weekly appointments with a ‘life coach’ who monitors progress while offering advice, support and encouragement and tips for success on losing weight.

Beth Griffin is one of the success stories. Since May 2015 Beth has been on a personal journey to lose weight- in her case, a little over 100 pounds. “At first it seemed too much so I broke it down into manageable goals. I couldn’t focus on the 100 pounds but I could focus on 10 or 20.”

Beth had reached a point where she was just not happy with her weight. “I was tired of embarrassing my family” and she visited the clinic for a “taste test” to see if she could commit to the program. “I had tried every diet known to man- I’d lose a little and gain it back.”

Over the past year, as a member of the clinic, Beth has been counseled, encouraged and enlightened on the strategies of healthy eating/living and has gone from a 3X dress size to a size 6. Beth is quick to point out that it is not a diet.

“Diets don’t work. This is a total transformation program – a lifestyle change. It’s a life-changing journey that gives you a path for life. This system caters to every need. I never felt like I was being punished or giving up anything. I eat real food and even allow myself to indulge from time to time.”

The “life coaches” meet their patients every need and each brings something passionate to the job: courses on “How to Make it Through Football Season” and “How to Make it Through the Holidays” or tours of the grocery store to teach clients how to make good choices. Another says she offers her cell phone to her clients.

One coach stated, “We respect our patients’ time because this is an investment we respect. We are aggressive women from this community and we stand by what we say because we believe in what we are doing.”

Beth is not alone. There are hundreds of men and women in the 35801 community and beyond who are reaping the benefits of the Alison Wellness Clinic. As one life coach put it “When you walk through the door of Alison Wellness clinic, you’ve already won.”

Beth says she is in it for the long haul. The difference is that with the Alison Wellness program, support is given even after the goals are reached. “I’ll do this the rest of my life because it works.”