

EVENT MAGAZINE ARTICLE

Anti-Aging Medicine, a new approach helping Huntsville live healthy and happy lives

As we age, our body goes through many changes both physically and emotionally. These changes are due in part to hormonal imbalances and unhealthy lifestyle choices. Wrinkles, weight gain, lethargy and loss in muscle tone rank at the top of the physical changes that take place while we age. In addition, our mental state can also be affected. It is common for people to experience confusion, memory loss and brain fog in relation to one's mental capacity during the aging process. At Alison Wellness Clinic, they address all these issues while promoting overall wellness. To get the most thorough wellness workup, they recommend extensive blood work to give the patient and the doctor the knowledge needed to implement an individual wellness plan. "We help patients make subtle but necessary dietary and hormone changes that can drastically enhance one's life." said Christy.

Dr. Bill Alison formed the Alison Wellness Clinic with his wife Christy as an extension of his current Plastic Surgery practice to further enhance the well-being of his patients. Dr. Alison is now able to offer both surgical and nonsurgical solutions depending on the need of the person. Dr. Alison and wife Christy built this business with a goal to improve the health of every single patient by helping them to look and feel their best regardless of age. They apply a collaborative effort with their passionate team to help each patient achieve their optimum health. The young are no exception, "By starting a disease-fighting diet strategy now, it can pay off in the future" said Christy Alison. At the Alison Wellness Clinic, they welcome people of all ages regardless of their body shape and medical background.

The atmosphere in the clinic is uplifting and warm. Each patient that walks through the doors are greeted with a cheerful voice, friendly smiles and open arms. The team shares a passion for health in their own lives and is sensitive to the struggles and successes of weight loss and maintenance. They cheer you on with every milestone, and they pick you up without any judgement when you fall off track. They make you feel safe and confident no matter how long your journey might take because their motto is "We are in this journey together and we NEVER quit".

One of the latest advancements in the weight loss industry is the use of a high quality body composition scale. At Alison Wellness Clinic, each weight loss patient is weighed on such a scale that computes not only total weight, but also measures the Body Mass Index (BMI), Basal Metabolic Rate (BMR), body fat in pounds, body fat percentage, visceral fat and the measurement of the intracellular and extracellular water. "Finding the Basal Metabolic Rate in our patients helps us tailor a diet and nutrition program that will help each individual with weight gain or loss" said Christy. Visceral Fat is the fat in the trunk area surrounding your vital organs and is considered the most dangerous form of fat. The higher the level of visceral fat, the greater your risk of Cardiovascular Disease and Type II Diabetes. By reducing this fat, they have found that patients have been able to decrease or even discontinue certain medications used to control these types of medical conditions.

Through medical grade supplements, weight loss support programs, nutritional guidance and dietary panel evaluations, the staff is able to customize a program to help each patient look and feel their best. “We are dedicated to helping you build a healthier and happier lifestyle one step at a time” said Christy. With the use of Ideal Protein and the HCG diet, patients will not only achieve their weight loss goal but also learn valuable information on how the body stores and burns fat. “The nutritional information and education will give our patients the necessary tools needed to keep those unwanted pounds off forever and one can enjoy their renewed skin, body shape, health and energy they deserve” said Christy. The team at the Alison Wellness Clinic have hand chosen the best pharmaceutical grade supplements for their patients. They offer both Metagenics and Complimentary Prescriptions which utilize highly absorbable nutrients so the body has a greater chance of using it the way it should to promote health. They also offer Bio-Identical Hormone Therapy which helps their patients age gracefully. “Balancing your hormones is a crucial step to attaining optimal overall health and once balanced, you’ll feel younger, more energized and more emotionally settled, said Christy.

The health coaches monitor the patient’s progression during their treatment program and are always available to answer questions. They offer words of encouragement and guidance during the weight loss process. This motivation helps patients stay on track while they meet their goals. The maintenance program helps them to keep the weight off and applies nutritional methods that maintain their muscle mass and are not damaging to the metabolism. Patients have the opportunity to learn ways to combat food cravings, how to incorporate healthy meal options into their daily diet and the technique of food pairing so they can maintain their healthy weight.

Are you frustrated with your weight loss efforts? They can help!