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| LOSE WEIGHT FOR LIFE Change the way you eat! Do you feel like you’ve tried every diet and either can’t seem to lose weight, or can’t maintain your weight at a level that suits you? Let us help you change your attitude and approach to food. We can help you lose weight and feel healthier with our balanced and individualised new weight loss plans. | Get motivated to improve your Health────Tailored Plan around your Lifestyle and Nutritional Needs────Regain EnergyImprove Sleep────6 or 12 Week ProgrammeBody Composition AnalysisThe Nutrition Clinic Carlow Gateway Centre Athy Road  Carlow  059 9164991  [www.nutritionclinic.ie](http://www.nutritionclinic.ie) |