

METAMORPHOSIS

EXECUTIVE MD WELLNESS PROGRAM

Your Path To Mind, Body, Spirit Health



It takes more than an apple a day.....

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TB



I did the program on my own, but my husband noticed he lost weight because he was eating what I was cooking. Dr. Adame helped both of us lose weight.



EP



I notice a difference in my energy level when I follow Dr. Adame's WFPB recommendations. The next day I do not get headaches, bloating, or stomach pain when I eat WFPB.



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MEET THE DOCTOR

Dr. Noemi Adame is a licensed Pediatrician, whole-foods, plant-based (WFPB) home cook and baker, public speaker, and holistic wellness expert. She is the owner of Culver Pediatrics Center and founder of Metamorphosis Holistic Wellness, a WFPB lifestyle program for adults.

Culver Pediatrics Center was voted one of the Best Physician Offices in Best of Marshall County 2023. In addition to her pediatric residency training, Dr. Adame has completed additional education on holistic wellness for adults through the American College of Lifestyle Medicine.

Lifestyle Medicine focuses on preventing, treating, and reversing chronic illness with a healthy approach to nourishment, physical activity, stress management, restorative sleep, positive social connections, and nature engagement

Dr. Adame has over 20 years of experience as a physician and is now focusing her proprietary team-based Veggies Over Pills approach to health for women because she believes healthy children start with healthy grown ups in their lives.



"In the current state of Americans' health, lives are not saved in the doctor's office. They are saved in the kitchen."

Noemi Adame, MD



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Metamorphosis

ExecutiveMD Wellness Ecosystem

We help busy women transform their bodies and health for the people they love most.

After committing to following our holistic wellness methods, Butterflies report:

- Weight-Loss
- More Energy
- Improved Digestive Health
- Improved Sleep
- Increased Fitness Level
- Lower Cholesterol & Hemoglobin A1C
- Reduced Medication Use
- Benefits Extend To Partner and Children

Dr. Adame understands busy women who struggle with the changes in their bodies and metabolism.

In 2008, in her early 30's and two years after the birth of her second child, Dr. Adame took control of her mind, body, spirit health and lost 40 pounds.

She has maintained her post-menopause health through holistic wellness methods including optimized WFPB nourishment. She now shares her knowledge, expertise, and experience to help women love their bodies and find joy in their food.

You are more than a number on a scale. This is not just about weight.

WFPB guidance on grocery shopping, meal planning, and recipes

Detailed, personalized intake to guide you in setting goals

Bi-Annual Wellness Labs

Monthly Body Composition Analysis

Access to Get Healthy With Dr. Adame private website

Weekly Accountability and Support (Virtual, text, in clinic, individual, or group/pod)

Monthly 1:1 consultation with Dr. Adame (virtual or in clinic, option to "accountability pod")

Direct access to the Culver Dream Team by text or email during business hours

Holistic Lifestyle Wellness Guidance

Cardiovascular Risk Assessment

Share records with your Primary Care Physician

Access to all Metamorphosis Group Workshops

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DISCLAIMERS

WE BELIEVE IN TRANSPARENCY AND ACCOUNTABILITY

Services Not Included:

- Wellness, primary care, chronic, or preventative care other than the services listed in the Metamorphosis Pre-Conception Wellness Collective.
- Medication prescriptions or refills.
- Acute illness or injury management.
- After-hours access
- Clients should contact their primary care physician for prescriptions or any medical issue not related to the Metamorphosis Program.

Ethical Considerations:

- We do not encourage calorie, portion, or macronutrient restrictions.
- We do not encourage elimination of any macronutrients.
- This program is for adults.
- We will consider enrolling a teen participating together with a parent/guardian.
- We do not prescribe supplements, appetite-suppressants, or surgical modalities
- If vitamin levels are low, we make recommendations for appropriate supplements, but the client can purchase any brand they wish.

We use other metrics to measure success besides the number on the scale. We will not discuss weight/BMI upon the client's request.



What makes us different?

Body Positive

Physician-Led Team

Advanced BioMetrics

Community Support

Woman-Centered

Judgement-Free Zone

Holistic: Mind, Body,
Spirit Progress Tracking

Time Flexibility

RESOURCES LIBRARY

CULVER PEDIATRICS CENTER BLOG



The Doctor In The Kitchen series of the Culver Pediatrics Center blog contains free, easy, family-friendly meal ideas and recipes. Scan QR Code or click green button to access.

[CLICK HERE TO ACCESS](#)



Follow Dr. Adame on the Plate Up Health App



Unlock more WFPB tips, recipes, and meal ideas by following Dr. Noemi Adame on The PlateUp Health App. Includes work outs, mindfulness, personalized health tracking, and more. Scan QR Code or click green button to access.

[CLICK HERE TO ACCESS](#)

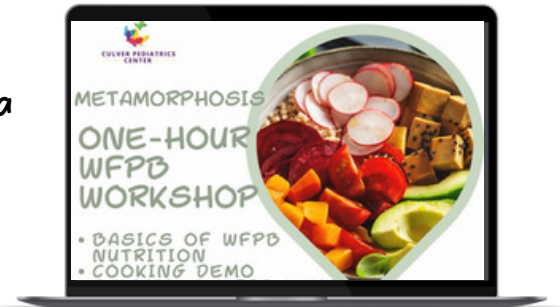


METAMORPHOSIS WFPB WORKSHOP AND LUNCH

Explore the basic principles of WFPB nourishment. Includes delicious WFPB lunch. Connect with others on a similar journey. Scan QR Code or click green button to register.



[CLICK TO ACCESS](#)



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Are you ready to join our Butterflies?

Cost:

Onboarding Fee: \$1,500

Monthly Membership Fee: \$500

No contracts. No termination fee.

You may cancel membership any time.

Next Step: Use this hyperlink to schedule a consultation to make sure the ExecutiveMD Wellness Program at Metamorphosis is right for you. Or Scan this QR code to schedule your consultation:



If you have already scheduled your consultation, we look forward to embarking on this transformational journey together!

Our goal is for you to continue the Metamorphosis lifestyle independently for the rest of your life.