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For Immediate Release

Breakthrough Aging and Weight Loss Programs to be Unveiled at New Wellness Center Set to Open in Westchester County

The New York Health & Wellness Center to Unveil its Revolutionary Leptin-RX Diet. and Natural Hormone Optimization Program

Harrison, NY – October 21, 2014 – A revolutionary approach to achieving maximum weight loss and a series of integrated wellness programs aiming to reverse the effects of aging by focusing on the mid-life hormone changes that most women and men experience will be unveiled at the [The New York Health and Wellness Center](#), which has just broken-ground at 450 Mamaroneck Avenue in Harrison, NY. The new 6,000 square-foot facility will open its doors on December 1, 2014 with the goal of elevating the wellness-consciousness of women and men seeking to restore their energy, improve their level of fitness and nutrition, and achieve a greater sense of overall health and wellness.

In a soothing, non-clinical atmosphere designed to decompress, heal, and renew -- the Center will focus on “Natural Hormone Optimization” – achieving natural hormone balance through supplementation and nutrition, weight loss management, expert nutritional testing and guidance, healthy aging, bioidentical hormone replacement, peri-menopause and menopause, andropause (the male menopause) and the diagnosis and treatment of chronic illness and detoxification. An individualized treatment plan will be created for each individual that combines the best of hormone and vitamin therapy, detoxification, holistic nutrition, and stress-reducing exercise.

In addition, the NY Health & Wellness Center will be introducing a new weight loss program -- the **Revolutionary Leptin-RX**, designed to change the course of weight loss. Leptin is the protein in fat cells that regulates fat storage in the body and impacts your metabolism, hunger, satiety and energy levels. Leptin directly affects insulin levels, so high Leptin levels indicate so-called “Leptin resistance,” which can potentially cause heart disease, stroke, high blood pressure, fatigue, obesity, elevated blood sugar, and a variety of other health problems. Leptin also plays a vital role in our brain function, immune system function, thyroid function, adrenal function, stress level and reproductive function. It is crucial, therefore, to maintain balanced Leptin levels in order to reduce food cravings, optimize energy, and maintain overall quality of life.

The New York Health and Wellness Center is founded on the principle that “particularly in midlife, vitamin therapy, nutrition, weight-loss management, hormone optimization and other advanced integrative approaches to healthcare provide the keys to unlocking the secrets of perpetual wellness.”

According to New York Health & Wellness Center founder Mitch Suss: “We’ve created an individualized fitness, nutrition, and psychological program, to be based on each person’s own hormone levels that will maximize and energize their vitality, virility, and fitness levels. This will be accomplished by administering the proper nutrients, diet, supplements and vitamin therapy.”

He added, “Our program will allow the person’s own biological, physiological and emotional systems to attain the right “fuel” to get them performing at peak levels well into their golden years.”

The New York Health & Wellness Center medical team will be headed by [Dr. Timothy Morley](#), one of sixty physicians across the nation and the only practitioner in Manhattan pioneering this new approach to wellness, which integrates the cornerstones of optimal health -- nutrition, fitness, quality sleep and stress management, combined with bioidentical hormone replacement therapy (BHRT). He has developed pharmaceutical-grade supplements from all-natural

ingredients, such as natural herbs, soothing vitamins, enriched protein and soy isolates that have been proven to reduce night sweats and hot flashes.

The team will also include clinical nutritionist, [Jacqui Justice](#), MS, CNS, who will design individualized nutrition programs aimed at reversing years of unhealthy dieting — and the aging process; and fitness and movement therapist, [Lisa Avellino](#), who has developed a series of comprehensive exercise regimens, specific to and appropriate for each age group and lifestyle.

The entire New York Health & Wellness team will work in sync to customize protocols that are designed to accommodate each individual.

“On your journey to optimal health, we will work with you to make significant changes – like improved nutrition, vitamin therapy, bioidentical (as opposed to synthetic) hormone therapy, routine fitness and positive, proactive lifestyle changes -- that will transform your overall health, physical appearance and outlook. These fundamental changes will revolutionize the ways in which you view yourself — physically, psychologically, and spiritually and, essentially, reverse the effects of aging and disease,” says Dr. Timothy Morley, lead physician at the New York Health & Wellness Center.

“It is truly impossible to isolate one habit as the key to a truly long and healthy life. Think of hormones, nutrition and fitness as a three-legged stool. You cannot have optimal health if one “leg” is missing,” said Dr. Morley.

For a free consultation and one-hour personal evaluation with Dr. Morley, call the New York Health and Wellness Center at [914-703-4811](tel:914-703-4811), or visit www.nyhealthandwellness.com.