

METAMORPHOSIS

PRE-CONCEPTION WELLNESS COLLECTIVE

For The Ones You Will Love Most



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

www.CulverPediatrics.com



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 Pre-Conception, Pregnancy, and PostPartum Nutrition through the American College of Lifestyle Medicine.

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 reproductive-age women because she believes healthy children start with healthy grown ups in their lives.



Why? Because a woman's
nourishment BEFORE
pregnancy has a
multigenerational impact on
future babies.

Noemi Adame, MD



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Metamorphosis

Pre-Conception Wellness Collective

We help busy women who plan to conceive within the next two years transform their bodies and health to give their babies the best start in life.

Nutrition before pregnancy affects the health of your future babies.

To improve outcomes, we help women planning to conceive:

- Reduce risk of gestational diabetes
- Reach optimal body composition
- Eliminate micronutrient deficiencies
- Reduce or eliminate chronic medication use
- Lower cardiovascular risk

Research shows that Whole Foods, Plant-Based Nourishment results in improved pregnancy outcomes for mom and baby.

Dr. Adame understands what it's like to be a busy woman trying to conceive. She gave birth to her first child while she was still in medical school and her second child while working as a pediatric academic hospitalist.

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 is now sharing her knowledge, expertise, and experience to help women optimize their pre-conception health.



WHAT YOU GET

Metamorphosis Holistic Lifestyle Journal

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 (May opt out)

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 or OB

Access to all Metamorphosis Group Workshops

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CULVER PEDIATRICS
CENTER



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 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 of Butterflies

Woman-Centered

Judgement-Free Zone

Holistic: Mind, Body,
Spirit Progress Tracking

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](#)



GET HEALTHY WITH DR. ADAME PRIVATE WEBSITE



Unlock more tips, recipes, and meal ideas with the Get Healthy With Dr. Adame private website. Includes grocery shopping and local dining guidance. Scan QR Code or click green button to purchase 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 book.



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Are you ready to get started?

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 [free consultation](#) with Dr. Adame to see if Metamorphosis Pre-Conception Wellness is right for you. Or visit www.CulverPediatrics.com and Click on Schedule A 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.

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