

**Jeffrey Whitlow, M.D.** is a former general practice physician who also holds a degree in biochemistry. Dr. Whitlow serves as the Vice President of Research and Development at NIS and is the company's in-house nutrition expert.



#### How can Dr. Whitlow assist you?

- Host a Dinner Party with NIS
- Healthy Pets & Owners Chat
- Guest Speaker/Moderator
- Nutritional Consultation



#### The Basic Benefits of Working with Dr. Whitlow

- Individual or group nutritional consultation.
- Nutritional plan based on lifestyle and work habits.
- Pets are a part of families too. Even the best commercial pet food can create health issues for our best friends. NIS provides expert advice in regard to your pets' "incurable" ailments



#### You have committed to healthier eating ... now what?

Most people find themselves asking:

- What do I cook this week?
- How much of this should I eat?
- What are the right foods to eat, and why?
- Can healthy eating get me off my medication?

**Dr. Whitlow and NIS will identify dietary habits that make sense for YOUR wellness goals.**



#### Nutritional Information Services

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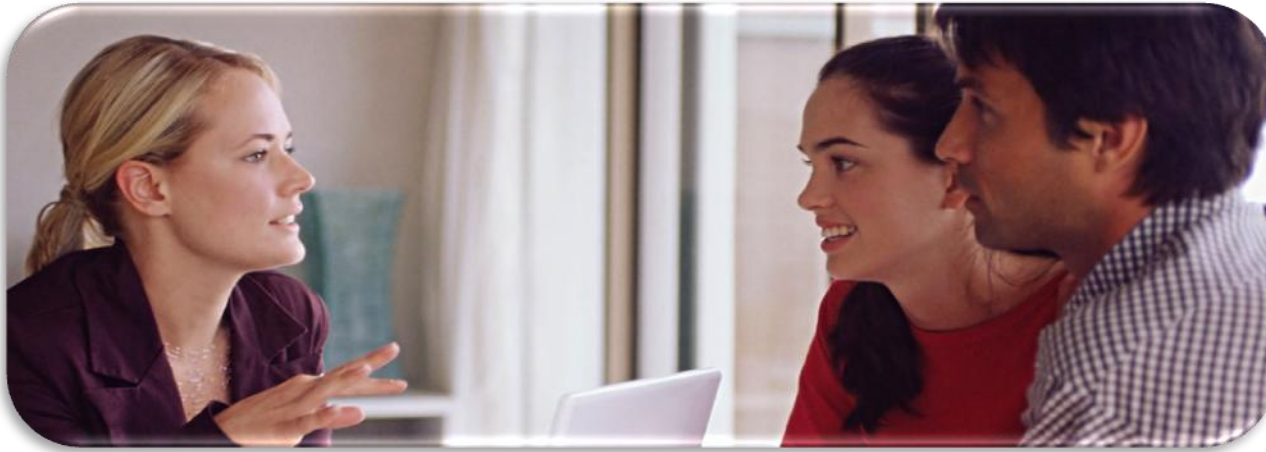
Nutritional Information  
Services  
(NIS)



Dr. Whitlow and NIS are here to collaboratively address your health needs by developing and implementing tailored long-term strategies.

***“Our goal is to provide the average person with the basic knowledge they need to achieve and maintain a healthy lifestyle.”***

***- Dr. Jeffrey Whitlow***



## Attain a Healthy Lifestyle with Dr. Whitlow

It can be a great challenge to achieve and maintain a healthy lifestyle. While many people take the logical step of seeking advice from their physician, more often than not they are given medications that focus on their symptoms instead of the actual problem.

Think about these two simple questions:

1. Has your physician or veterinarian ever discussed your diet, or your pet's diet, with you at length?
2. Did that practitioner develop, or help you develop, any strategies that might result in a permanent resolution to your problem?

Dr. Whitlow has the time and the expertise to help you with a wide variety of health issues. Don't accept long-term prescription medications for you or your pet as the only solution. Steroids, blood pressure medicine, medicine for high cholesterol or diabetes, and other chronic prescription medications are not "silver bullets" for the long-term. These medications also carry significant health risks in and of themselves.

Good health is best achieved and maintained with multi-layered strategies and permanent lifestyle changes, not with medications and temporary fixes.

Visit [www.nistn.com](http://www.nistn.com), or call 865 567-3438, for more information on NIS and Dr. Whitlow, or to request an appointment or consultation.

**Jeffrey Whitlow, M.D.**, has over 20 years of private practice experience, specializing in the study of nutrition and the treatment of obesity.

Dr. Whitlow and NIS now offer the general public the same high-level nutritional guidance that he has provided to many restaurant companies and to the National Restaurant Association. (see client snapshot below) Our technical achievements include the development of the NutraSmart analytical applet, The Cheesecake Factory Skinnylicious Menu, and the NIS Online Nutritional Calculator.

Dr Whitlow is a published author and the creator of the so-called "paleo-diet." That diet, when combined with treatment with digestive enzyme supplements, can be of great benefit to those who suffer from a wide range of chronic medical ailments.

### Client Snapshot

Landry's Restaurant Group, Houston, TX  
The Cheesecake Factory, Calabasas Hills, CA  
Hard Rock Cafe, Orlando, FL  
McCormick and Schmick's Seafood, Seattle, WA  
Tony Roma's, Orlando, FL  
The Melting Pot, Tampa, FL  
Yard House Restaurants, Irvine, CA  
Morton's The Steakhouse, Chicago, IL  
Gordon Biersch Restaurants, Chattanooga, TN  
Rock Bottom Restaurants, Louisville, CO  
Old Chicago Pizza and Taproom, Broomfield, CO  
Houlihan's Restaurants, Leawood, KS  
The Daily Grill, Woodland Hills, CA  
Vie de France Bakery Cafe, Vienna, VA  
Chart House Restaurants, Houston, TX  
Pizza Inn, The Colony, TX  
Pappas Restaurant Group, Houston, TX  
Silver Diner, Rockville, MD