



Lifelong Metabolic Center Outlines Their Four-Part Weight Management Program in Naperville

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Lifelong Metabolic Center is highlighting a four-part approach to weight management that combines individual assessment, strategic eating, nutritional supplementation, and ongoing support. The Naperville-based center says the structure reflects the way its Lifelong Metabolic Weight Loss Program is delivered to clients through remote care.

The program brings together at-home body composition analysis and genetic testing as part of its assessment process, followed by a structured nutrition plan, nutritional supplements throughout the program, and ongoing communication with the center. The process begins with a consultation with Dr. Amanda Borre by phone or FaceTime. If a client decides to move forward after that initial consultation, the complete program kit is shipped directly to the client's home. Dr. Borre then recommends a specific scale for the client to use at home to track body composition measurements such as body fat, muscle mass, and weight.

?People are not guessing because they are lazy. They are guessing because they have never been shown

what their body is actually made of, or what individual information may be relevant to their nutrition," said Dr. Amanda Borre, DC, founder of Lifelong Metabolic Center. "Body composition analysis and genetic testing give us additional information to consider instead of relying on another short-term diet."

The program's first component is individual assessment. Dr. Borre goes through individual goals/needs, history, and previous programs tried. Clients complete body composition measurements at home using a scale recommended by Dr. Borre after they decide to move forward with the program. The scale provides measurements such as body fat, muscle mass, and weight. Lifelong Metabolic Center uses these measurements at different points during the program to monitor changes as clients progress through the weight-loss phases. Body composition analysis is completed at home for consistency and convenience.

Genetic testing is also included in the assessment process. According to Lifelong Metabolic Center, genetic information is considered alongside other client information when discussing nutrition, food choices, and exercise for lifelong weight maintenance. The center presents the testing as one input into its planning process rather than as a standalone method for determining an individual's short and long term diet plan.

The second component is strategic eating. Lifelong Metabolic Center says it uses the term to describe structured changes in eating habits rather than a temporary fix. The early "jump-start" phase focuses on establishing a more structured nutritional routine before later phases place greater emphasis on maintaining lifestyle changes.

The program is divided into phases to provide a progression from the initial structured eating period into longer-term habits. According to the center, the goal is to continue working on those habits after the initial phase rather than ending the program once a short-term weight target has been reached. Maintaining weight loss is as important as achieving it.

The third component is nutritional supplementation. Supplements are a central part of the Lifelong Metabolic Weight Loss Program. Clients receive all natural supplements as part of the program, with supplementation serving as a core component of the center's approach to weight management. The supplements are used alongside the program's structured eating approach and other program components.

Lifelong Metabolic Center's approach centers on nutritional supplementation and lifestyle changes rather than prescription weight-loss medications, injections, or hormones. The center does not use GLP-1 medications as part of its weight-loss program. Its public materials also provide information for people who use or have previously used GLP-1 medications, including semaglutide and tirzepatide to continue loss or maintain weight loss healthfully.

Clients considering changes to prescribed medication should discuss those decisions with the licensed

medical professional managing their care.

The fourth component is ongoing support and accountability. Communication with the center is built into the program, particularly during the first phase. The center's motto for that phase is "Weigh daily, Text daily," reflecting its use of regular weight reporting and text communication.

"Weigh daily, text daily is not a slogan we printed for the website. It is how the first phase actually runs," Dr. Borre said. "If someone needs direction and a person on the other end of the phone, the plan has to include that. Testing without support is just a stack of numbers."

Phone consultations, FaceTime visits, text communication, and home delivery are part of the remote program experience. Clients can complete their body composition measurements at home and communicate with Dr. Borre throughout the program without routine texting. She is available exclusively for her on program patients anytime.

The center's four-part structure comes as weight management remains a major public-health issue in the United States. A study published in the American Journal of Preventive Medicine modeled obesity prevalence through 2030 and estimated that 42 percent of U.S. adults could have obesity under a continuation-of-trends scenario. The study also examined the potential economic impact of maintaining obesity prevalence at earlier levels.

Lifelong Metabolic Center says the broader issue reinforces the importance of approaches that address what happens after an initial period of weight loss. Its program uses multiple components, including structured eating, nutritional supplementation, at-home body composition tracking, and ongoing communication.

The center's public materials state that individual health history is considered as part of the program. Recommendations may account for a client's circumstances, eating habits, activity, and other information gathered during the program.

Lifelong Metabolic Center delivers its weight-loss program through remote consultations and at-home participation. The process begins with an initial phone or FaceTime consultation with Dr. Borre. If a client decides to move forward with the program after that consultation, the complete program kit is shipped directly to the client's home.

After a client moves forward with the program, Dr. Borre recommends a specific scale for use at home to track body composition measurements. Clients use the scale at home to measure factors such as weight, body fat, and muscle mass, which the center uses at different points during the program to help monitor changes through its weight-loss phases.

Separate program options are described based on starting BMI. According to the center, a six-month, four-phase program is typically recommended for people with a BMI below 30, while a one-year program is typically recommended for people with a BMI above 30.

The program is available to both men and women. Clients communicate with the center through phone or FaceTime consultations and text-based support, with the frequency of communication changing across program phases.

Dr. Amanda Borre, DC, founded Lifelong Metabolic Center in Naperville and serves as the clinician clients communicate with through text and FaceTime. According to the center's public biography, she earned a Bachelor of Science in Biology and a doctorate from Logan College.

Clinic materials state that Dr. Borre has been in practice since 2003 and has focused on weight-loss services since 2015. Her published biography also describes her use of body composition and genetic testing as part of her approach to weight management.

Lifelong Metabolic Center is a Naperville, Illinois, weight loss center offering a weight-management program that incorporates individual assessment, strategic eating, nutritional supplementation, at-home body composition tracking, and ongoing one-on-one support.

The practice offers remote consultations through phone and FaceTime, text-based communication, and home delivery of program materials. After an initial consultation, clients who decide to move forward receive the complete program kit at home. Dr. Borre recommends a specific scale for clients to use for at-home body composition tracking. According to the center, its weight-loss program centers on nutritional supplements and lifestyle changes rather than prescription weight-loss medications, injections, or hormones.

Disclaimer: Results vary. Causes of overweight and obesity differ by person and may include genetics, environment, food intake, metabolism, physical activity, and other factors. Individual results are not guaranteed and should not be considered typical. These statements have not been evaluated by the Food and Drug Administration. Products associated with the program are not intended to diagnose, treat, cure, or prevent any disease.

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For more information about Lifelong Metabolic Center, contact the company here:[Lifelong Metabolic](#)

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Lifelong Metabolic Center

Dr. Borre founded Lifelong Metabolic Center, a top-rated weight loss center in Naperville, Illinois. She utilizes DNA testing to find the exact right food and exercise plan for your body to keep the weight off for life!

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