



MEDICALprofiles

Dr. Lauren Dalzen

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Dr. Lauren Dalzen has been serving the Utah community for 29 of his 34 years as an orthodontist. He received his D.D.S. from the UCLA School of Dentistry and then completed a three-year residency in orthodontics at the Mayo Clinic in Rochester, Minn.

His training in biology and science has been enriched by a lifelong passion for art, structure and form. He brings all those elements to his analysis of each client's situation.

Dr. Dalzen and his assistants believe in partnerships with their clients.

"Clients want to understand and be involved in their care," Dr. Dalzen says.

Assisted by a knowledgeable team, Dr. Dalzen welcomes patients of all ages. Orthodontics isn't just for teens anymore. It's a good idea for all children to have a screening exam at age 7. Starting young while the muscles, bones and teeth are still growing allows them to be guided into ideal functional relationships.

It's the love of working with young people that Dr. Dalzen loves most about his job.

"I enjoy teaching them to take responsibility for themselves and seeing how that plays out in their lives," he says.



Adults and seniors are also welcome. It's never too late to improve your oral health — and your smile.

free medical advice Don't forget to floss your teeth.

Total Health and Fitness

1427 S. 550 East, Orem • (801) 762-6207 • www.thfonline.com.

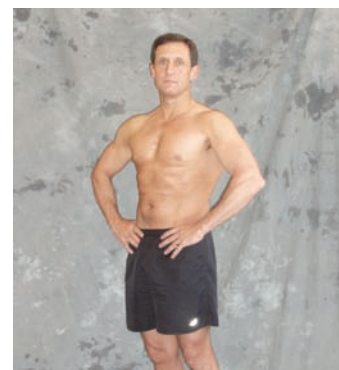
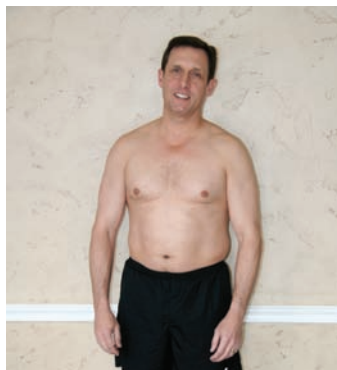
Michael Wilcox always maintained an active lifestyle. But as the years went on and his body changed, a few pounds were added, he experienced constant heartburn and his cholesterol began to climb. While surgery fixed his acid problems, diet and exercise did not take away the added weight.

Last year Michael enrolled in the Total Health and Fitness program. In 12 weeks his body transformed and his cholesterol went from 240 to 183, with no medication. Because Total Health and Fitness was such a success for Michael, he decided to bring the program to Utah County.

The Total Health and Fitness lifestyle program is catered to each individual, with everyday life taken into consideration. Nutritional guidelines are formatted with detailed food choices and portion sizes. Personal workout plans are set in place, with the comprehensive demonstrations of each exercise given by a Total Health and Fitness consultant.

Progress is measured weekly, and as the body changes, so do the nutritional guidelines and workout regime.

"When you complete our program, you will never want to go back to old habits," Michael says. "You will have the knowledge to



maintain your own diet and exercise program. You will feel better than you've felt in years and you will have more energy at work and at play."

free medical advice Increase protein intake when exercising to speed up your metabolism.