

BENEFITS OF THE PEN PLAN™

1. **Complete** – no other system offers this holistic package everytime, every consultation.
2. **Lifestyle based** – we focus more on your foods than supplements given that food makes up energy intake.
3. **Overcome emotional barriers.** This is sometimes the cause of the problem and needs addressing.
4. **Flexibility** – no contracts, you are not locked in for life.
5. **Professional multi – disciplinary relationship** - Dr Bergamo will write to other health providers about your health plan, after gaining your consent.
6. **Achievable and realistic goals** – aiming for long term recovery instead of a quick fix that is not sustainable.
7. **Constantly updated with the latest research** – Dr Bergamo works as a lecturer in the division of chiropractic at RMIT University.

Stop, take action and call now.....

Tel: 9887 4144



Tel: 9887 4144

346A Boronia Road (Cnr Dinsdale), Boronia VIC 3155 Fax: 9887 4343

Services available at BCNC:

- Clinical Nutrition
- General Chiropractic
- Sports Chiropractic
- Paediatric Chiropractic
- Diabetes Education
- Massage
- Psychology
- Quit Smoking courses

Hours of Operation:

- Mon, Tues, Thurs & Fri : 9am - 12noon & 3pm - 7pm
- Wednesday: 3 – 7 pm
- Sat 8 -11.00 am

“Listening, caring and enhancing health”

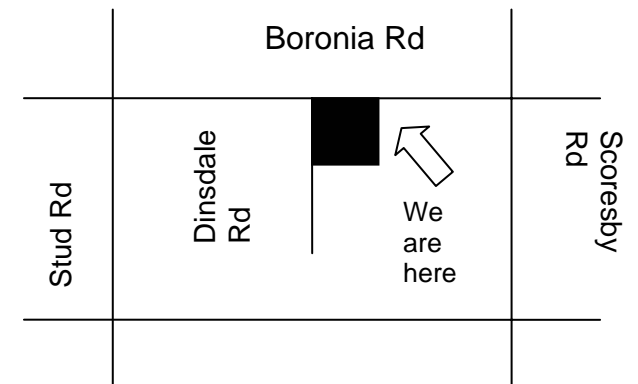


Tel: 9887 4144

346A Boronia Road (Cnr Dinsdale), Boronia VIC 3155 Fax: 9887 4343

Nutrition & Lifestyle Consulting Following the PEN PLAN™

P = Psychology
E = Exercise
N = Nutrition



Dr. Paul Bergamo
Chiropractor
Clinical Nutritionist &
Quit Smoking facilitator

The evolution of the PEN PLAN™

Dr Bergamo is uniquely placed. He is unaware of any other health provider who has a comprehensive background of holding a chiropractic & nutrition degree , accredited smoking cessation trainer with the anti cancer council, university lecturer as well being in private practice.

This wide knowledge base has led him to develop the unique system called the PEN PLAN™. This has been in development since 1999. The system looks at complete management of the individual looking at three lifestyle areas of health with your brain (psychology) , your braun (exercise) and your behaviour (nutrition).

The system is scientific based. It requires regular literature review to ensure the cutting edge of the latest research is provided. Paul is a university lecturer at RMIT teaching clinical nutrition to students and must stay abreast with the latest developments in the scientific, health world.

Every consultation we utilize the PEN PLAN™.

What makes up the Pen Plan™?

Dr Bergamo uses this natural , wholistic system that is called the **PEN PLAN™** .

P = Psychology

- Locus of control assessment
- Self – monitoring
- Stimulus control approaches
- Cognitive restructuring
- Problem solving
- Prioritising with time techniques

E = Exercise

- Ensuring excuses are swapped for action
- Use F.I.T guidelines
- Use physical activity guidelines
- Develop a take home self care package
- If a member, will work with your gym or personal trainer.

N = Nutrition

- Show you how to eat better and actually enjoy it
- Committed – 5 day food enquiries provided, without food weighing
- Trouble shoot difficult times
- Progress reports

Conditions we can help

Do you have concerns with being:

- Overweight or obese.
- Type 2 diabetes
- Heart disease
- Osteoarthritis
- Rheumatoid arthritis
- Very tired/fatigue/chronic fatigue

A simple take home test if overweight or obese :

Measure around your waist at your belly button.



If you are female, the measurement should be less than 90cm.
If you are male, the measurement should be less than 100cm.

Still unsure

Feel free to call Dr Bergamo on 9887 4144 or email him at info@bergamohealth.com.au if you have any other questions.