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Dear Ms Church:

I wish to thank you for helping me incorporate diet and lifestyle-centered protocols into My family practice. As a physician I want to be able to offer what is best for my patients.

The wellness principles supported through the Transitions Lifestyle system are principles I have recommended to patients for years. The challenge has been to help my patients modify their behavior consistent with the recommended wellness principles.

The Transitions Lifestyle program that you are facilitating through my practice is significantly supporting the outcomes I have aimed for:

- Improved body composition
- Improved blood glucose management
- Improved lipid profiles
- Reduced joint pain and inflammation
- Reduced blood pressure
- Increased energy and positive mental attitudes
- New lifestyle habits to help patients maintain their wellness

Each patient who has been through your program has come back pleased with his/her results.

Thank you for your partnership in wellness.

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