

Weight Loss & Nutrition Counseling



WELLNESSMD



HEALTHY WEIGHT FOR LIFE!

Creating a healthy, lean body depends on how well each individual's body copes with the demands made on it. This is highly individual; what works for one person may not work for another. To understand this, you need to know that almost every major system in your body relates to your metabolism and your ability to lose weight and keep it off, specifically your central nervous, endocrine, musculoskeletal, digestive, immune, and detoxification systems. Parts of your metabolic blueprint are genetically predetermined, while others are highly influenced by your nutrition, emotional history, stress level, lifestyle, and environment. This means you need to get healthy on all these levels before you can lose those stubborn pounds.

PROGRAM BENEFITS

People who successfully complete our weight loss programs improve their weight and their health. Here are just a few of the benefits of the WellnessMD doctor supervised weight loss program:

- High Energy
- Sharpening of Mental Capabilities
- Enhancement in Digestion
- Weight Loss
- Prevention of Illness
- Boost in Emotional Well-Being
- Minimizing the Effects of Aging
- Healthier Lifestyle

WellnessMD offers a 4 phase, doctor-supervised, weight loss program designed to fit each patient's lifestyle and dedicated to helping him or her succeed. Our program is based on the only scientific method proven for weight loss and uses today's cutting-edge technology to guarantee success. We are constantly improving and enhancing our program and provide ongoing support and resources to not only help our patients maintain their weight loss, but to live a healthy lifestyle.

WellnessMD programs are custom designed to meet the individual weight and health goals of each patient. To ensure the highest level of safety and effectiveness, we personally monitor patient's weight loss progress.



THE PROGRAM

The WellnessMD program will guide you through the 4 phases of weight loss that are critical to your success and are designed to maximize your results. Each phase includes ongoing assessments and monitoring from our doctor, utilizing cutting-edge technology. You'll continually progress towards safe & effective weight loss and experience better health throughout each phase.

PHASE 1 ~ PERSONAL ASSESSMENT: Our personal assessment includes both physical and mental examinations and evaluations performed by our professional staff. This phase also includes lab work to determine blood glucose and insulin levels, hormone testing, inflammatory markers, adrenal stress testing.

PHASE 2 ~ CLEANSE: Cleansing and detoxifying is crucial for weight loss because toxins are stored in our body fat. In order to flush them out, the hard-working liver must break everything down that enters the body. The 7 Day Cleanse will cleanse and detoxify your body by providing it with the proper types and amounts of nutrients.

PHASE 3 ~ PROGRAM IMPLEMENTATION: Now that the body is prepared to lose weight, you will begin the Weight Loss Phase. Here we will find out if your body is in fat "burning" or fat "storing" mode, which will determine the fastest method of achieving your desired weight. This phase will introduce more real foods that are nutritionally sound and contain the proper amounts of protein, carbohydrates and fat designed to keep you satisfied, control hunger, and promote fat burning.

PHASE 4 ~ MAINTAIN: At the start of this phase, your body has been cleansed and detoxified and trained to be in fat burning mode, which will allow you to reduce your weight. Phase 4 works to stabilize your weight loss and will allow your body to maintain the healthy lifestyle and an optimal weight.



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