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HOURS

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
10A-5:30P	10A-6:30P	10A-5:30P	10A-5:30P	9A-3P	10A-1P

PROVIDER HOURS

Tuesdays: 3:30P-6:30P

Thursdays: 11A-2P

Saturdays: 10A-1P (BY APPOINTMENT ONLY)


PATIENTS ARE REQUIRED TO SEE NP EVERY 60 DAYS

NEW PATIENTS ARE REQUIRED TO SEE NP EVERY 30 DAYS

(for the first 2 months then every 60 days thereafter)

Provider hours are subject to change at any time! Please call ahead of time to schedule appointments!

Injections & Products available that work with our program:

<p><u>B12 Injection \$8</u> Increases metabolism, improves memory, boost immune system and improves concentration.</p>	<p><u>Regular Lipo Injection \$20</u> Boost energy levels. Removes/transport fat out of the body. Prevents accumulation of fat in liver.</p>	<p><u>Super Lipo Injection \$30</u> All the benefits of Regular with an added boost of Vitamin C. Aids stomach in absorption of iron.</p>	<p><u>Mega Burn Injection \$40</u> All the benefits of Regular with an added bonus of L-Carnitine.. an amino acid that attacks belly fat! <small>*double-dose for \$60*</small></p>
<p><u>HCG DIET</u> Lose weight quickly (1-2 lbs. daily) Natural hormone. Minimal exercise. Lose fat and retain lean muscle.</p>	<p><u>Hoodia Patches</u> <u>\$32.95 +TAX</u> Natural caffeine/appetite suppressant. Curbs sweet cravings, increases metabolism/fat oxidation.</p>	<p><u>ACR 2X \$19.95 +TAX</u> Non-habit forming natural cleansing herb. May relieve constipation, poor digestion.</p>	<p><u>BIO-CITRIN</u> <u>\$29.95 +TAX</u> Metabolizes carbs into energy. Helps normalize lipid levels. Boost insulin efficiency.</p>
<p><u>Bi-ProZyme</u> <u>\$34.95 +TAX</u> Helps to restore healthy bacteria. Enhances digestive health. Combination of probiotic & ginger.</p>	<p><u>DHEA \$29.95 +TAX</u> "Pro-hormone" The body can convert into estrogen, progesterone, testosterone, and any sex/steroid hormones. Helps reduce visceral (belly) fat. Helps reduce cholesterol.</p>	<p><u>DIUCAPS</u> <u>\$29.95 +TAX</u> Similar in compound to Phentermine, all natural, non-addictive, non-stimulant. Increases feeling of fullness.</p>	<p><u>Healthy Kids</u> <u>\$11.95 +TAX</u> Weekly packet represents a blend of synergistic nutrients, vitamins, minerals & amino acids. Curbs appetite & sugar cravings.</p>
<p><u>Immuniplex</u> <u>\$29.95 +TAX</u> Helps with inflammation. Strengthens immune system to fight cold/flu. Great for skin/hair/nails.</p>	<p><u>LIPO BC \$49.95 +TAX</u> Supplement version of the Lipo-Injections. Increases metabolism to burn fat and transport it out of the body.</p>	<p><u>My B-Tabs</u> <u>\$39.95 +TAX</u> Sublingual B12 (alternative to injection) Boosts metabolism by increasing cellular energy.</p>	<p><u>NutriLean</u> <u>\$49.95 +TAX</u> Mobilizes fat out from adipose tissue to the mitochondria for cellular energy. Thyroid stimulation action. <small>(compared to Thyrotropin)</small></p>
<p><u>ProForm</u> <u>\$19.95 +TAX</u> Omega-3 fatty acids that boosts metabolism. May reduce risk of heart disease. Promotes normal insulin production.</p>	<p><u>ProTrim PLUS</u> <u>\$29.95 +TAX</u> Quick bulking fiber. Promotes feeling of fullness. May reduce sugar cravings. (expands in stomach X7!!)</p>	<p><u>Super Pro-Thin</u> <u>\$25.95 +TAX</u> 7/One day pre-packaged daily multi-vitamins, minerals, amino acids, and appetite suppressants. Reduced hunger & cravings. Metabolizes carbs/fat into energy.</p>	 <p style="text-align: center;">ALL INJECTIONS ARE RECOMMENDED WEEKLY!</p>

9 Benefits of Lipotropic Injections



How Do Lipotropic Injections Work for Weight Loss?

The body needs certain ingredients to metabolize fat as energy. A lack of these nutrients and chemicals can result in a sub-optimal use of fat, which causes the body to return to starvation mode rather than fat-burning mode.

Lipotropic shots work by introducing the elements your body needs to efficiently process fat stores into energy. This aids your diet and exercise efforts by enabling you to lose more weight in a shorter amount of time.

Below are some of the nutrients they may contain:

- **Amino Acids** – Glutamine, l-carnitine and L-arginine play important roles in converting fat to energy at a cellular level.
- **Choline** – This ingredient ensures your liver can function properly while detoxifying it, which forms a stable foundation for weight loss.
- **Inositol** – Part of the vitamin B family, this lipotropic helps break down fats while supporting a healthy mind.
- **Vitamin B12** – One of the vitamins key to metabolizing fat as ATP.
- **Methionine** – Used to make protein. Helps decrease liver fat, protects kidneys, helps body excrete heavy metals.
- **Vitamin B6** – Boost immune system, helps cells use sugars, fats, and proteins optimally.
- **Vitamin B1** – Thiamine; Helps body use carbohydrates for energy.
- **Vitamin B2** – Riboflavin; Increases energy levels, boost immune system, important for healthy hair and nails.
- **Vitamin B3** – Niacinamide; Helps prevent memory loss, decrease cholesterol, lower blood pressure, and helps maintain healthy cells.



Prepare for your InBody Test by adhering to the following instructions:

- Hydrate well the day before- consistent water
- Do not drink caffeine on the day of your test
- Do not eat for 3-4 hours prior to testing
- Do not exercise 6-12 hours prior to testing
- Do not take InBody Test after a shower or sauna
- Do not consume alcohol for 24 hours prior to testing
- Insure access to both feet with removable footwear (no pantyhose)
- Do not wear jewelry- all jewelry will have to be removed prior to testing
- There is no need for lotion/ointment on your hands and feet
- Measure after standing for at least 5 minutes
- Warm up yourself for 20 minutes before a test performed in the winter
- For females, avoid having measurement during menstrual period as total body water will be higher than normal
- Individuals with pacemakers or other electronic medical devices should not take the InBody Test

(CALL TO SCHEDULE THIS TEST)

***We will also take your measurements when you come in for this test, so we can also track your inch loss progress! ***

The InBody Test is available to you for FREE up to 3x per year!

Dietary Needs

Daily Calorie Needs: _____

Daily Protein Needs: _____ g.

Daily Water Needs: _____ oz.

Goals:

Diet: _____

Exercise: _____

Benefits of Protein

- Supports lean muscle tissue to maintain your metabolic calorie burning rate.
 - Helps your body burn more fat.
 - Helps reduce hunger.
- Allows you to achieve healthier more successful weight loss.
 - Regulates digestion and metabolism.
- Takes away cravings for high calorie and high fat foods.
- Helps keep hair, skin, and nails healthy.

Protein Options







<u>Food</u>	<u>Serving Size</u>	<u>Grams of Protein</u>
Chicken	3 oz	21
Turkey	3 oz	24
Tuna/Tilapia	3 oz	24
Steak (Top/Sirloin)	3 oz	23
Ground Beef	3 oz	18
Eggs	1 Large	6
Cheese	1 oz	8
Cottage Cheese	½ cup	14
Milk (2%)	1 cup	8
Greek Yogurt	8 oz	23
Peanut Butter	2 tbsp	8
Mixed nuts	2 oz	6

Healthy Snack Options

- Cashews
- Veggies and Hummus
- Apple with peanut butter
- Banana
- Low-fat Yogurt
- Almonds
- Grapefruit
- Low-fat Smoothie
- Hard boiled eggs
- String Cheese
- Grapes
- Protein Bar (low sugar)
- Protein Shake (low sugar)
- Air-popped popcorn
- Turkey roll-up
- Applesauce w/ Cinnamon
- Celery and peanut butter
- Oatmeal energy bites
- Cherry tomatoes
- Carrots
- Orange
- Avocado



Handy Portion Control

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

Food vs. Exercise



2 slices Little Caesars
pepperoni pizza

560 calories

=



65 minutes of
moderate
cycling



28 tortilla chips

560 calories

=



57 minutes of
Zumba



1 can of Coca-Cola

140 calories

=



23 minutes of
walking (4 mph)



10 pigs in a blanket

490 calories

=



59 minutes of
Bikram Yoga



4 Double Stuffed Oreos

280 calories

=



1.3 hours of
weight lifting



4 cans of Miller Light

384 calories

=



32 minutes of
running (6 mph)



1 cup Chex Mix

240 calories

=



29 minutes of
high impact
aerobics

Metabolism

Why it is important to eat throughout the day:

- Irregular eating causes the body to go into “starvation mode”
- While you may lose weight, you also lose muscle mass
- Muscle burns calories, so less muscle means a slower metabolism
- Levels of thyroid hormone and catecholamine (neurotransmitter that helps body respond to stress) decrease when you don't eat
- Body burns fewer calories digesting food
- Not eating over a period of time can cause metabolism to slow by 24%

How to Boost Metabolism:

- HIIT
- Omega 3's
- Weight Training
- Eating Regularly
- Eat Breakfast
- Decrease trans fat
- Increase protein

