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HOURS

Monday Friday

10A -6:30P 9A-3P

PROVIDER HOURS

Mondays: 10a-6:30P


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</u> \$8 Increases metabolism, improves memory, boost immune system and improves concentration.</p>	<p><u>Regular Lipo Injection</u> \$20 Boost energy levels. Removes/transporters fat out of the body. Prevents accumulation of fat in liver.</p>	<p><u>Super Lipo Injection</u> \$30 All the benefits of Regular with an added boost of Vitamin C. Aids stomach in absorption of iron.</p>	<p><u>Mega Burn Injection</u> \$40 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> \$32.95 +TAX Natural caffeine/appetite suppressant. Curbs sweet cravings, increases metabolism/fat oxidation.</p>	<p><u>ACR 2X</u> \$19.95 +TAX Non-habit forming natural cleansing herb. May relieve constipation, poor digestion.</p>	<p><u>BIO-CITRIN</u> \$29.95 +TAX Metabolizes carbs into energy. Helps normalize lipid levels. Boost insulin efficiency.</p>
<p><u>Bi-ProZyme</u> \$34.95 +TAX Helps to restore healthy bacteria. Enhances digestive health. Combination of probiotic & ginger.</p>	<p><u>DHEA</u> \$29.95 +TAX "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> \$29.95 +TAX Similar in compound to Phentermine, all natural, non-addictive, non-stimulant. Increases feeling of fullness.</p>	<p><u>Healthy Kids</u> \$11.95 +TAX Weekly packet represents a blend of synergistic nutrients, vitamins, minerals & amino acids. Curbs appetite & sugar cravings.</p>
<p><u>Immuniplex</u> \$29.95 +TAX Helps with inflammation. Strengthens immune system to fight cold/flu. Great for skin/hair/nails.</p>	<p><u>LIPO BC</u> \$49.95 +TAX 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> \$39.95 +TAX Sublingual B12 (alternative to injection) Boosts metabolism by increasing cellular energy.</p>	<p><u>NutriLean</u> \$49.95 +TAX 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> \$19.95 +TAX Omega-3 fatty acids that boosts metabolism. May reduce risk of heart disease. Promotes normal insulin production.</p>	<p><u>ProTrim PLUS</u> \$29.95 +TAX Quick bulking fiber. Promotes feeling of fullness. May reduce sugar cravings. (expands in stomach X7!!)</p>	<p><u>Super Pro-Thin</u> \$25.95 +TAX 7/One day pre-packaged daily multi-vitamins, minerals, amino acids, and appetite suppressants. Reduced hunger & cravings. Metabolizes carbs/fat into energy.</p>	

Daily Protein Intake

Every adult needs 0.4 grams of protein per pound of body weight per day.

Your DAILY protein intake goal: _____g
(your weight X 0.4 + daily protein)

Your DAILY water intake goal: _____oz.
(half of your body weight in oz.)

<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

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.

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!

Phentermine

pronounced as (fen' ter meen)

Why is this medication prescribed?

Phentermine is used for a limited period of time to speed weight loss in overweight people who are exercising and eating a low-calorie diet. Phentermine is in a class of medications called anorectics. It works by decreasing appetite.

How should this medicine be used?

Phentermine comes as tablets and extended-release capsules. It usually is taken as a single daily dose in the morning or three times a day 30 minutes before meals. Follow the directions on your prescription label carefully, and ask your doctor or pharmacist to explain any part you do not understand. Take phentermine exactly as directed.

Most people take phentermine for 3 to 6 weeks; the length of treatment depends on how you respond to the medication. Phentermine can be habit-forming. Do not take a larger dose, take it more often, or take it for a longer period than your doctor tells you to.

If you are taking the extended-release (long-acting) tablets, do not split, chew, or crush them tablet. There are some tablets that can be crushed and mixed with food.

Other uses for this medicine

This medication may be prescribed for other uses. Ask your doctor or pharmacist for more information.

What special precautions should I follow?

Before taking phentermine,

- tell your doctor and pharmacist if you are allergic to phentermine, any other medications, or any of the ingredients in phentermine tablets. Ask your pharmacist for a list of the ingredients.
- tell your doctor and pharmacist what prescription and nonprescription medications, nutritional supplements, and herbal products you are taking or plan to take. Be sure to mention any of the following: fluoxetine (Prozac), fluvoxamine (Luvox), guanethidine, insulin medications for weight loss and depression, paroxetine (Paxil), and sertraline (Zoloft). Also tell your doctor if you are taking monoamine oxidase (MAO) inhibitors such as isocarboxazid (Marplan), phenelzine (Nardil), selegiline (Eldepryl, Emsam, Zelapar) and tranylcypromine (Parnate), or if you have stopped taking one of these medications in the past 2 weeks. Your doctor may need to change the doses of your medications or monitor you carefully for side effects.
- tell your doctor if you have or have ever had heart disease, high blood pressure, arteriosclerosis (narrowing of the arteries), hyperthyroidism (overactive thyroid gland), diabetes, glaucoma, or a history of drug abuse.
- tell your doctor if you are pregnant, plan to become pregnant, or are breast-feeding. If you become pregnant while taking phentermine, call your doctor.
- talk to your doctor about the risks and benefits of taking phentermine if you are 65 years of age or older. Older adults should not usually take phentermine because it is not as safe as other medications that can be used to treat the same condition.
- you should know that this medication may make you drowsy. Do not drive a car or operate machinery until you know how this medication affects you.
- ask your doctor about the safe use of alcohol while you are taking phentermine. Alcohol can make the side effects of phentermine worse.
- if you have diabetes, you may need to decrease your dose of insulin while taking phentermine. Call your doctor if you have questions or problems.

What special dietary instructions should I follow?

Follow the diet and exercise program your doctor has given you. Phentermine works best in combination with a diet program.

What should I do if I forget a dose?

Take the missed dose as soon as you remember it. However, if it is almost time for the next dose, skip the missed dose and continue your regular dosing schedule. Do not take a double dose to make up for a missed one.

What side effects can this medication cause?

Phentermine may cause side effects. Tell your doctor if any of these symptoms are severe or do not go away:

- dry mouth
- unpleasant taste
- diarrhea
- constipation
- vomiting

Some side effects can be serious. If you experience any of the following symptoms, call your doctor immediately:

- increased blood pressure
- heart palpitations
- restlessness
- dizziness
- tremor
- insomnia
- shortness of breath
- chest pain
- swelling of the legs and ankles
- difficulty doing exercise that you have been able to do

Phentermine may cause other side effects. Call your doctor if you have any unusual problems during your treatment with phentermine.

If you experience a serious side effect, you or your doctor may send a report to the Food and Drug Administration's (FDA) MedWatch Adverse Event Reporting program online (<http://www.fda.gov/Safety/MedWatch>) or by phone (1-800-332-1088).

What should I know about storage and disposal of this medication?

Keep this medication in the container it came in, tightly closed, and out of reach of children. Store it at room temperature and away from excess heat and moisture (not in the bathroom). Throw away any medication that is outdated or no longer needed. Talk to your pharmacist about the proper disposal of your medication.

In case of emergency/overdose

In case of overdose, call your local poison control center at 1-800-222-1222. If the victim has collapsed or is not breathing, call local emergency services at 911.

What other information should I know?

Keep all appointments with your doctor and the laboratory. Your doctor will order certain lab tests to check your response to phentermine.

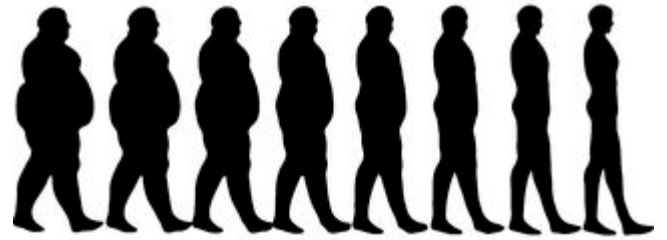
Do not let anyone else take your medication. Phenteramine is a controlled substance. Prescriptions may be refilled only a limited number of times; ask your pharmacist any questions you have about refilling your prescription.

It is important for you to keep a written list of all of the prescription and nonprescription (over-the-counter) medicines you are taking, as well as any products such as vitamins, minerals, or other dietary supplements. You should bring this list with you each time you visit a doctor or if you are admitted to a hospital. It is also important information to carry with you in case of emergencies.

Brand names

- Adipex-P®
- lonamin®

HEALTHY LIFESTYLE!



Facts:

- Nutrition, exercise, and a change in eating habits are important in the weight-loss process- but they can't improve without the **right attitude** and **behavior**.
- **You** control your thinking; your weight and eating habits **do not!**

Think Positively:



- ↳ I'm *not* too heavy to exercise!
- ↳ I *can* control my eating!
- ↳ I'm *not* "doomed" to be overweight!
- ↳ I *can* lose weight!
- ↳ Look *how far* I've come!



Five Steps Toward a Healthy Lifestyle:

1. **Exercise:** burns calories, increases muscle tone, provides alternative behavior to eating, improves self-esteem, and gives you a sense of accomplishment.
2. **Nutrition:** understanding food groups, portion control, calorie counting, fat content and sensible diet; facilitates weight loss and control which in return will improve your overall health.
3. **Behavior Modification:** helps identify and change problem habits, attitudes, and lifestyle patterns.
4. **Self-Monitoring:** recording food intake, weight, measurements, exercise; helps promote weight loss and control, and positive behavioral changes.
5. **Support Network:** support from family, friends, health care professionals; involves others in your program and encourages successful weight loss and maintenance.

NEW PATIENT CHECK-OFF LIST:

- _____ Calorie Diet discussed with patient.
 - Eat 3 meals per day.
 - Exercise at least 30 minutes per day, 3 times per week.
 - Most common side effects with Phentermine:
 - Dry mouth
 - Nervousness
 - Difficulty sleeping
- Side Effects usually resolve
by the end of the 1st week!*
- Abnormal side effects discussed, if any occur patient will report to clinic staff ASAP and stop Phentermine until discussed with provider.
 - Discussed medication to avoid.
 - Phentermine is to be taken on an empty stomach upon awakening with a full glass of water. Eat breakfast 30 minutes – 1 hour after.
 - Injections discussed in detail with patient.
 - Patient must be measure and have BCA/InBody no later than 3rd office visit.

(Patient)

(Medical Assistant)