

Weight Management Program Outline



Part 1 – Complimentary Information Session:

This 30 minute consultation will explain the details of the program and determine whether Integrative's Weight Management Program is right for you.

Part 2 – Initial Intake:

This consultation includes a lifestyle evaluation, current health concerns, and family health history. In addition, the following items will be addressed:

- Initial weigh-in
- Measurement of waist, hips, arms and thighs
- Measurement of body fat, body water percentage, muscle mass, physique rating, visceral fat, basal metabolic rate, metabolic age and bone mass.
- Types and quantity of foods allowed
- Foods to avoid
- Tips for suppressing appetite and controlling portions
- Sample menu plans
- Recipe package
- Explanation of diet diary journaling
- Biomeridian food sensitivity testin

Investment:

Initial Month - \$698 + tax

Subsequent Months - \$350 + tax

Part 3 – Weight Loss Injections:

These injections help to increase metabolic rate, increase energy levels and support important body functions. Injections should be administered twice weekly for best results. These appointments take approximately 10 minutes.

Part 4 – Weekly Check-Ins:

Check-ins should be scheduled once per week, coupled with one of the weight loss injections. Progress is evaluated including a weigh-in, measurements, and interpretation of weekly diet diary. Dietary changes are also evaluated and changes are made, if necessary. Allow approximately 30 minutes for check-in visits.

Part 5 – Daily Supplementation:

Weight management supplements are included as part of the first month's package. These supplements are designed to provide daily fiber and antioxidants as well as manage blood sugar levels, curb cravings and increase metabolism. Four (4) pills should be taken 15 minutes prior to breakfast, lunch and dinner.