

ESTTA Tracking number: **ESTTA919887**

Filing date: **09/04/2018**

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

Proceeding	91233167
Party	Defendant Nutrimost LLC
Correspondence Address	LAURA L BEOGLOS SAND & SEBOLT 4940 MUNSON STREET, N. W AEGIS TOWER SUITE 1100 CANTON, OH 44718-3615 UNITED STATES docket@sandandsebolt.com, laurab@sandandsebolt.com 330-244-1174
Submission	Defendant's Notice of Reliance
Filer's Name	Laura L. Beoglos
Filer's email	docket@sandandsebolt.com, laurab@sandandsebolt.com
Signature	/Laura L. Beoglos/
Date	09/04/2018
Attachments	2975028US1AO D Second NOR Part 1 of 4 - Web Pages.pdf(5449879 bytes ) 2975028US1AO D Second NOR Part 2 of 4 - Web Pages.pdf(5287152 bytes ) 2975028US1AO D Second NOR Part 3 of 4 - Web Pages.pdf(5916538 bytes ) 2975028US1AO D Second NOR Part 4 of 4 - Web Pages.pdf(3133629 bytes )

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD**

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Nutri/System IPHC, Inc.,	:	Opposition No. 91233167
	:	
v.                      Opposer,	:	Application No. 87089928
	:	
	:	Mark: NutriMost Wellness & Weight Loss
	:	
NutriMost, LLC,	:	
	:	
Applicant.	:	

---

**APPLICANT’S SECOND NOTICE OF RELIANCE**

PLEASE TAKE NOTICE that, pursuant to Rule 2.122 of the Trademark Rules of Practice, Applicant NUTRIMOST, LLC. hereby makes of record and will rely on the following documents, copies of which are attached hereto.

2.        A collection of printouts of third party web pages using the wording “WEIGHT LOSS” for weight loss goods and services. These documents are relevant to the issue of the strength of Opposer’s pleaded marks, to the issue of the similarity of the parties’ respective marks, to the number and nature of other marks which include the wording ‘WEIGHT LOSS,’ and the extent to which Opposer has the right to exclude others from use of “WEIGHT LOSS” on marks for weight loss goods and services.

NUTRIMOST, LLC

  
Laura L. Beoglos  
Sand & Sebolt  
4940 Munson St., NW  
Aegis Tower, Suite 1100  
Canton, OH 44718-3615  
330-244-1174  
laurab@sandandsebolt.com

**CERTIFICATE OF SERVICE**

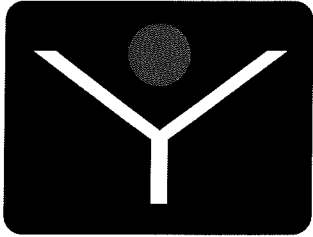
I hereby certify that, on September 4, 2018, I caused a copy of the foregoing **SECOND NOTICE OF RELIANCE** to be served via e-mail and U.S. mail upon the following:

Lisa A. Lori, Esq.  
KLEHR | HARRISON | HARVEY | BRANZBURG LLP  
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SAND & SEBOLT  
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Aegis Tower, Suite 1100  
Canton, OH 44718  
Telephone: (330) 244-1174

Attorneys for the Applicant



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**John Pace**  
CEO

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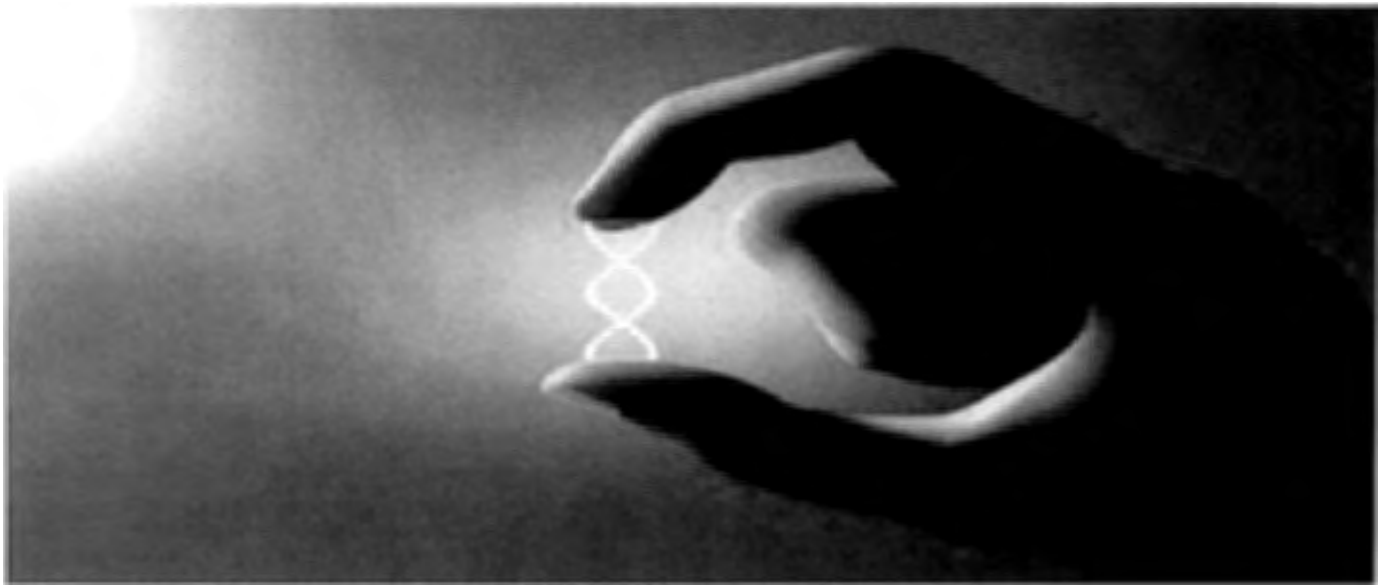


[www.CanaanValleyFarm.com](http://www.CanaanValleyFarm.com)

m.com

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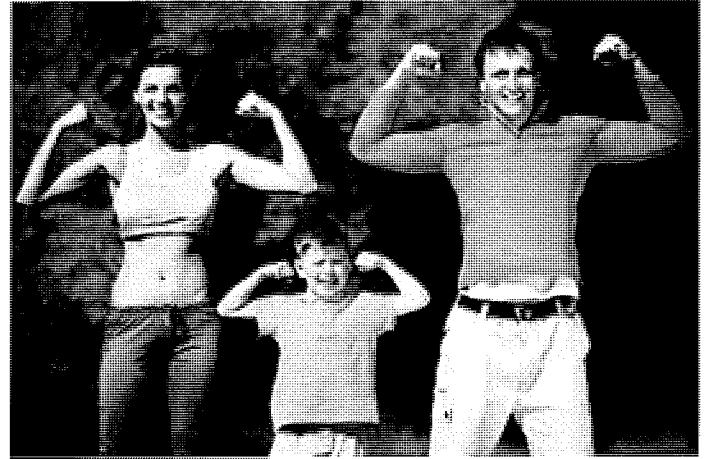
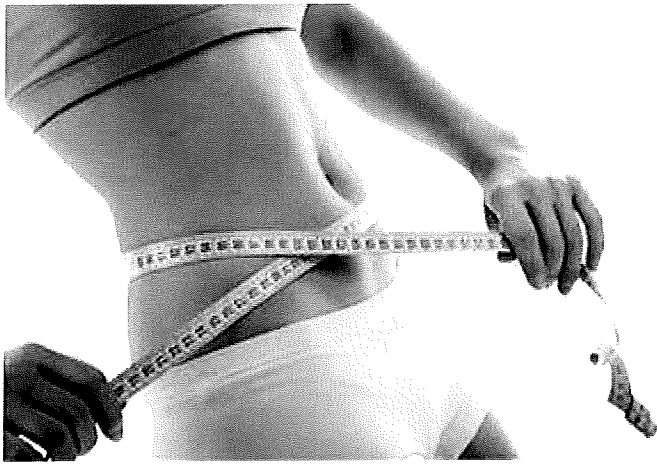
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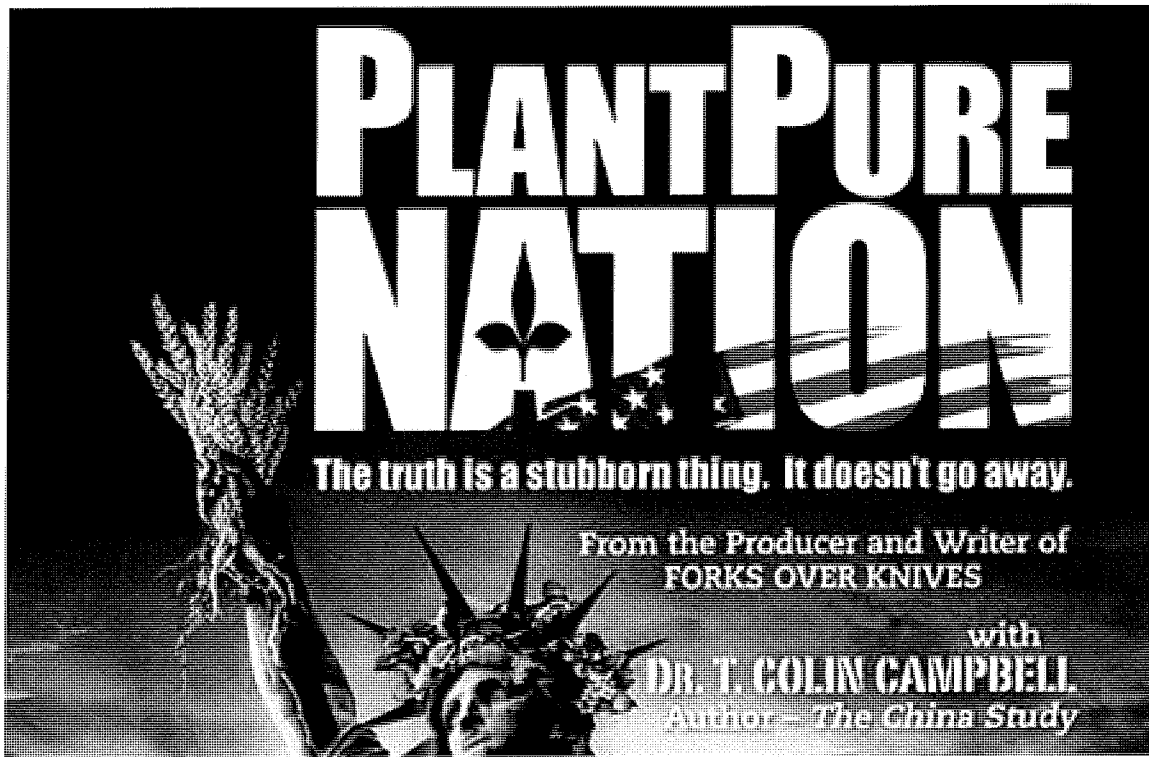
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# Medical Weight Loss Plans for Women



## We Understand Your Needs.

For some women, problems with extra weight have been around since childhood. For others, the problem has been a gradual increase in pounds over the years, often spiked by events such as pregnancy or emotional trauma. Whatever the cause, women who want to lose a few pounds have the same goals: medically sound, predictable loss of weight that stays off for good.

That's why we created Thinique™.

Thinique™ is the medically-supervised, non-surgical weight loss program that melts away your extra pounds while under the care of medical professionals. No lap bands. No invasive surgical procedures. Instead, we offer an affordable, medWoman Receiving Skinny Shot from Medical Weight Loss Physicianically sound weight management service that can help you shed pounds and transition into a much more healthy lifestyle.

We guide you in food selections, portion control, and exercise. Most importantly, we help you break through those occasional weight plateaus that can temporarily impede your progress—our patients love this!

### Thinique Plans for Women: True Peace of Mind

Don't risk your health by running from diet fad to diet fad. That's dangerous. Instead, let us teach you a lifelong style of eating that will shed pounds quickly and safely.

Our program for women involves two phases: first, the Acute Phase, where we help you get to a healthy weight and body fat percentage, and the Maintenance Phase, where we give you the tools, resources and knowledge to keep the weight off for good!

Your first appointment may take up to 60 minutes, which tells you just how comprehensive this in-depth program really is.

The bottom line is that Thinique™ works.

\*NOTE: Results will vary for each patient depending on the patient's medical history and level of compliance with our program which includes, among other things, nutrition and exercise counseling.

Have Questions?  
Send Us An Email

Full name Phone Nu

Your e-ma

Subject

Message

SEND A MESSAGE



Want to know more about Thinique

Call as at 817-717-5100 or Schedule An Appointment

## Office Hours

Mon: Closed

Tue: 11:00am – 7:00pm

Wed: 11:00am – 7:00pm

Thu: 11:00am – 7:00pm

Fri: 8:00am – 1:00pm

Sat: 8:00am – 1:00pm

Sun: Closed

## WEIGHT LOSS, ENERGY & WELLNESS

At your conveniently located Thinique Medical Weight Loss Clinic in the Alliance/Keller area of Fort Worth, TX, our medically supervised weight loss program supports behavior modification and nutritional education to help our patients succeed.



## Contact Details

Fort Worth, Alliance/Keller area

4420 Heritage Trace Parkway, Ste 308

Fort Worth, TX 76244

info@thiniquekeller.com

Phone:(817) 717-5100



SHOP NOW

\* Results are not guaranteed. Results will vary based on each patient's physical health, family history, diet and exercise, physical condition and adherence to the Thinique program. The weight loss results described herein may or may not be typical. References to "losing inches" or "inches lost" means total combined inch loss from the waist, hips and thighs. No prescriptions or treatments (including testosterone injections) will be given unless a clinical need exists based on an examination, any necessary testing or labs, a medical consultation and current medical history.

\*Nothing herein should be construed as a representation that "B-12" or "B Complex/MIC" injections are medically necessary or will cause weight loss. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

\*\* No testosterone treatments will be given unless a clinical need exists, based upon an examination, necessary testing or labs, a medical consultation and a current medical history. Results may vary from patient to patient based on factors such as weight, age, diet, and health.

\* Results and Patient Experience May Vary. \*In the U.S., the CoolSculpting procedure is FDA-cleared for the treatment of visible fat bulges in the submental area, thigh, abdomen and flank, along with bra fat, back fat, underneath the buttocks (also known as banana roll), and upper arm. In China, the Cryolipolysis system is used for fat layer reduction of the abdomen and flanks. In Taiwan, the CoolSculpting procedure is cleared for the breakdown of fat in the flank (love handle), abdomen, and thigh. Outside the U.S., China and Taiwan, the CoolSculpting procedure for non-invasive fat reduction is available worldwide. ZELTIQ, CoolSculpting, the CoolSculpting logo, and the Snowflake design are registered trademarks of ZELTIQ Aesthetics, Inc. © 2017. All rights reserved. CoolSculpting is the treatment doctors use most for non-invasive fat removal.

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# about us

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VIEW OUR SERVICES 

## Weight Loss Services

Since 2008 Equilibrium has been the leader in science-based, medically supervised weight loss.

We understand the struggle of losing those unwanted extra pounds and the impact that extra weight has on your day-to-day life. We also know plenty of companies offer one-size-fits-all solutions that often feel high-pressure and impersonal.

At Equilibrium, we offer personalized weight-loss and vitality programs based on your genetics, lifestyle, and goals. Our clients are real people with real lives. In our clinics, our medical doctors and caring team have created a space for motivation and accountability, leading to real results. We're confident in the weight-loss solutions we offer and understand the importance of having someone in your corner during your weight loss journey.

However, we don't just stop at weight-loss. Losing weight is just the beginning! Equilibrium also provides our clients a vibrant, balanced, and healthy lifestyle they desire. We offer genetic and micronutrient testing, detoxification diets, and professional-grade supplements. Equilibrium is passionate about helping our clients look better and feel younger.

e would love to partner with you and empower you in your personal transformation!

## Our Process

Visit one of our top-rated clinics to meet with one of our professional weight loss specialists. To serve you best, we will discuss your goals, health concerns, the degree of weight that you wish to lose, and your time frame in doing so.

Together, we will determine a program that is best suited for your needs and lifestyle. Our programs are designed to help you achieve your goals so that you can live a healthier life.

We can help you lose weight and keep it off by providing you with the tools necessary to be successful, teaching you about your body's functioning. We will hold you accountable and offer a 100% money-back guarantee!

**CONTACT US AND GET A  
FREE CONSULTATION**

**Name \***

<input type="text"/>	<input type="text"/>
First	Last

**Zip code \***

**Phone \***

<input type="text"/>	-	<input type="text"/>	-	<input type="text"/>
###		###		####

**E-mail \***

Opt-in to receive information about future promotions.

\*

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(<http://1513wellness.com/>)

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## About Us

In the year 1513 Ponce de Leon discovered the state of Florida, looking for the fountain of youth. He didn't find it...but we did!

1513 Anti-Aging & Weight Loss® is a Columbus-area (<https://maps.google.com/maps?q=3075+Tower+Rd,+Suite+F+Columbus,+Ga+31909&hl=en&sll=32.460976,-84.987709&sspn=0.503462,1.056747&hnear=3075+Tower+Rd,+Columbus,+Muscogee,+Georgia+31909&t=m&z=17>) wellness center that specializes in medically supervised weight loss and the diagnoses and treatment of male ([../mens-services/hormone-replacement/](http://1513wellness.com/mens-services/hormone-replacement/)) and female ([../womens-services/hormone-replacement/](http://1513wellness.com/womens-services/hormone-replacement/)) hormone imbalances.

### **Helping You Balance Your Hormones, Your Scale, and Your Life**

We all want a little balance in our life. We can help you achieve that balance through weight loss and hormone replenishment for men and women. When you turn to 1513, you'll get the tools and support you need to reach, and maintain, your health and wellness goals.



### Our Office

We are conveniently located on at 3075 Tower Road, off Veterans Parkway, right next to Max Fitness (contact-us/). Office hours are Monday-Friday, 8:00 a.m. – 5:00 p.m.

Find out how we can help you look and feel your best at any age. Call (706) 221-4848 to schedule your appointment today.

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Call (tel:3154074315) Location (<https://www.weightlosscny.com/contact-medical-weight-loss-new-york>)



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(<https://www.weightlosscny.com/>)

About Dr. Scinta  
(<https://www.weightlosscny.com/Dr-Wendy-Scinta>)

Medical Weight Loss  
(<https://www.weightlosscny.com/Medical-Weight-Loss-Of-New-York>)

Wei  
(<https://www.weightlosscny.com/Weight-Loss-Of-New-York-Medic>)



Call Us Today 315.407.4315 (tel:3154074315)

**FREE CONSULTATION ([HTTPS://WWW.WEIGHTLOSSCNY.COM/CONTACT-MEDICAL-WEIGHT-LOSS-NEW-YORK](https://www.weightlosscny.com/contact-medical-weight-loss-new-york))**





## DR. WENDY SCINTA BOARD-CERTIFIED BARIATRIC PHYSICIAN

Dr. Scinta is a national speaker on childhood obesity and a past member of the White House Task Force on Childhood Obesity and is working on initiatives to help empower families by improving readability and content of nutrition labels, school lunches, access to healthy and affordable foods, and increasing physical activity in children.



Learn about Dr. Wendy Scinta (dr-wendy-scinta)



### MEDICAL WEIGHT LOSS

Medical Weight Loss of New York offers a variety of nonsurgical weight loss programs including low calorie diets, liquid weight loss diets, and the OPTIFAST® Program.



(medical-weight-loss-of-new-york)



(hormone-replacement-therapy/testosterone-replacement-for-men)

### HORMONE REPLACEMENT

Suffering the effects of hormone decline as you age? Dr Scinta can help men and women regain energy, improve mood and rediscover the vitality of their youth.

### ADULT WEIGHT LOSS

Medical Weight Loss of New York offers a comprehensive approach to weight loss and weight management rooted in the science of obesity medicine.



(new-york-medical-weight-loss-programs)

### KIDS WEIGHT LOSS

Our BOUNCE weight loss program addresses the behavioral, nutritional and social needs of children with weight issues.



(new-york-medical-weight-loss-programs/children-and-adolescents-program)

## FEATURED PATIENT

SHERI: 45 LBS WEIGHT LOSS



Read about Sheri's success story (<https://www.weightlosscny.com/patient-results/sheri-45-lbs-weight-loss>)

## FREE WEIGHT LOSS GUIDE

[Obesity Medicine](https://www.weightlosscny.com/medical-weight-loss-guide/obesity-medicine) (<https://www.weightlosscny.com/medical-weight-loss-guide/obesity-medicine>).

[BOUNCE Program](https://www.weightlosscny.com/medical-weight-loss-guide/bounce-program) (<https://www.weightlosscny.com/medical-weight-loss-guide/bounce-program>).

[Healthy Eating for Weight Loss](https://www.weightlosscny.com/medical-weight-loss-guide/healthy-eating) (<https://www.weightlosscny.com/medical-weight-loss-guide/healthy-eating>).

[Lifestyle & Behavior](https://www.weightlosscny.com/medical-weight-loss-guide/lifestyle-behavior) (<https://www.weightlosscny.com/medical-weight-loss-guide/lifestyle-behavior>).

[Getting Active to Lose Weight](https://www.weightlosscny.com/medical-weight-loss-guide/getting-active) (<https://www.weightlosscny.com/medical-weight-loss-guide/getting-active>).

[Risks of Obesity](https://www.weightlosscny.com/medical-weight-loss-guide/obesity-risks) (<https://www.weightlosscny.com/medical-weight-loss-guide/obesity-risks>).

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## PATIENT RESULTS

[Abbey G – 88 lbs Weight Loss](https://www.weightlosscny.com/patient-results/abbey-g-88-lbs-weight-loss) (<https://www.weightlosscny.com/patient-results/abbey-g-88-lbs-weight-loss>).

[Alexis – 58 lbs. Weight Loss](https://www.weightlosscny.com/patient-results/alexis-weight-loss) (<https://www.weightlosscny.com/patient-results/alexis-weight-loss>).

[Angelo – 100lb. Weight Loss](https://www.weightlosscny.com/patient-results/angelo-100lb-weight-loss) (<https://www.weightlosscny.com/patient-results/angelo-100lb-weight-loss>).

[Anthony– 103 lbs. Weight Loss](https://www.weightlosscny.com/patient-results/anthony-103-lbs-weight-loss) (<https://www.weightlosscny.com/patient-results/anthony-103-lbs-weight-loss>).

[Ashley's Story](https://www.weightlosscny.com/patient-results/ashleys-story) (<https://www.weightlosscny.com/patient-results/ashleys-story>).

[Barb – 50 lbs Weight Loss](https://www.weightlosscny.com/patient-results/barb-50-lbs-weight-loss) (<https://www.weightlosscny.com/patient-results/barb-50-lbs-weight-loss>).

[Bernice C – 70 lbs Weight Loss](https://www.weightlosscny.com/patient-results/bernice-c-70-lbs-weight-loss) (<https://www.weightlosscny.com/patient-results/bernice-c-70-lbs-weight-loss>).

## LATEST RESOURCES

[Probiotics](https://www.weightlosscny.com/getting-active/probiotics) (<https://www.weightlosscny.com/getting-active/probiotics>).

[Stop swimming upstream with your weight loss! Time to Add Fish Oil](https://www.weightlosscny.com/lifestyle/stop-swimming-upstream-with-your-weight-loss-time-to-add-fish-oil) (<https://www.weightlosscny.com/lifestyle/stop-swimming-upstream-with-your-weight-loss-time-to-add-fish-oil>).

[New and Improved OPTIFAST 800 Products](https://www.weightlosscny.com/news/new-and-improved-optifast-800-products) (<https://www.weightlosscny.com/news/new-and-improved-optifast-800-products>).

[Healthy Holiday Recipes](https://www.weightlosscny.com/healthy-eating-menu/healthy-holiday-recipes) (<https://www.weightlosscny.com/healthy-eating-menu/healthy-holiday-recipes>).

[10 Strategies for Sane Holiday Eating](https://www.weightlosscny.com/lifestyle/10-strategies-for-sane-holiday-eating) (<https://www.weightlosscny.com/lifestyle/10-strategies-for-sane-holiday-eating>).

[Holiday Eating](https://www.weightlosscny.com/healthy-eating-menu/holiday-eating) (<https://www.weightlosscny.com/healthy-eating-menu/holiday-eating>).

[Surviving and Thriving during the Holiday Season](https://www.weightlosscny.com/lifestyle/surviving-and-thriving-during-the-holiday-season) (<https://www.weightlosscny.com/lifestyle/surviving-and-thriving-during-the-holiday-season>).

## CENTRAL NEW YORK OFFICE

6800 East Genesee Street, Suite 1501

Fayetteville, NY 13066

**Ph:** 315.407.4315

**Fax:** 315.445.0056

[Driving Directions and Map](https://www.weightlosscny.com/contact-medical-weight-loss-new-york) (<https://www.weightlosscny.com/contact-medical-weight-loss-new-york>).



(<http://www.bbb.org/upstate-new-york/business-reviews/physicians-specialists/medical-weight-loss-of-new-york-llc-in-fayetteville-ny-144727222/#bbbonlineclick>).



Dr. Wendy Scinta provides medical weight loss services to the residents of Central New York, including Fayetteville, [DeWitt](https://www.weightlosscny.com/medical-weight-loss-in-dewitt-new-york), (<https://www.weightlosscny.com/medical-weight-loss-in-dewitt-new-york>) Manlius, (<https://www.weightlosscny.com/medical-weight-loss-in-manlius-new-york>) Minoa, (<https://www.weightlosscny.com/medical-weight-loss-in-minoa>) Chittenango (<https://www.weightlosscny.com/medical-weight-loss-in-chittenango-new-york>) and Syracuse (<https://www.weightlosscny.com/medical-weight-loss-in-syracuse-new-york>).

Medical Weight Loss of NY, PLLC does not participate in any insurance plans.

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●● **Real Results**

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“ The difference between using Hello GreenLite and some other online program is dramatic. I have a great relationship with my personal educator and she knows what I need in order to get me through my weight loss journey. So far, I've lost 69 pounds. - **Billie Overholser** ”

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- An on-line program that allows you to virtually connect face-to-face for counseling throughout the program

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- Scientifically proven high-protein, low-carb, low-fat diet plan

- Simple to follow and easy to adapt into your busy lifestyle

- One-on-one weekly counseling via Skype™

- Special pre-programmed BodyTrace e-scale that automatically tracks your weekly results

- Weekly virtual face-to-face visits with an educator who gets to know you and your needs

- Personal plan for a sense of control and life balance

- No judgment zone—We educate, strategize, encourage, and celebrate your journey

- We're a boutique, more individualized, solution in a big box world of on-line weight loss programs

[I'm Ready](#) 

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Metatrition Activated Multi Mineral Combinations, 180 Count \$30.50



Metatrition Coq10 Ubiquinol Nutritional Supplements, 30 Count \$20.50

### About the product

- Medical Doctor Formulated 5 in 1 Heart Healthy Weight Loss with 32 Potent Ingredients for Weight Loss, Energy Ignition, Calorie Burning, Lean Muscle Building and Heart Health
- Multiple Weight Loss Drivers in Full Clinically Proven Effective Amounts
- 15 Heart Healthy Vitamins and Minerals up to 150% of RDA along with Omega 3 and CoQ10

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Page 1 of 14



Doctor's Best Time-release Niacin with niatend, Non-GMO, Vegan, Gluten Free, 500 mg, 120 Tablets

258 \$10.69



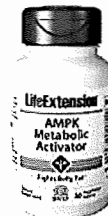
Migrelief Original Formula Triple Therapy with Puracol Caplets 60 Caplets (Pack of 2)

366 \$36.95



Solgar No. 7 Joint Support 489

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Find answers in product info, Q&As, reviews

## Product description

CardiaShred is Medical Doctor Formulated 5 in 1 product for weight loss, heart health, energy, calorie burning and lean muscle building. Marvin Heuer, M.D.F.A.A.F.P. who has practiced medicine for over 30 years draws on his clinical, pharmaceutical and nutraceutical development experience to create this revolutionary product. CardiaShred contains 32 potent active ingredients providing multiple weight loss drivers; 15 heart healthy vitamins and minerals up to 150% RDA in addition to omega 3 and CoQ10; high level of EGCG, caffeine, Cissus CQR300, Advantra Z for Energy and Calorie Burning; and COP (creatino-l-o-phosphate), ALA for Lean Muscle Building. Athletes and bodybuilders have higher incidences of heart disease and sudden cardiac death than in the general public. In 2008 heart disease caused almost 25% of deaths - almost one in every four in the U.S. Elite athletes with 8 - 9.9% body fat have higher incidence of sudden cardiac events than general public. More than one third of U.S. adults (35.7%) are obese and almost 17% of youth were obese in 2009 - 2010. (NIH survey 2009 - 2010) By the Numbers (per day): COP - 1500mg, Caffeine - 350mg, Cissus Quadrangularis CQR300 - 300mg, Green Tea (50% EGCG) - 300mg, Omega 3 (fish body oil source) - 200mg, Citrus Aurantium (Advantra Z 6%) - 100mg.

## Product details

**Product Dimensions:** 3.2 x 3.2 x 6.2 inches

**Shipping Weight:** 8 ounces

**Domestic Shipping:** Currently, item can be shipped only within the U.S. and to APO/FPO addresses. For APO/FPO shipments, please check with the manufacturer regarding warranty and support issues.

**International Shipping:** This item is not eligible for international shipping. [Learn More](#)

**ASIN:** B008M6SYDO

**UPC:** 736211834539

**Average Customer Review:** 2 customer reviews

**Amazon Best Sellers Rank:** #810,379 in Health & Household (See Top 100 in Health & Household)

#354 in Health & Household > Vitamins & Dietary Supplements > Vitamins > Vitamin B > **B6**

#7449 in Health & Household > Vitamins & Dietary Supplements > Weight Loss > **Supplements**

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## Important information

### Legal Disclaimer

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

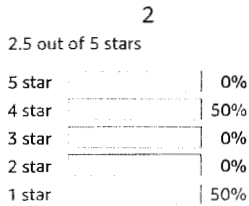


## Customer Questions & Answers

See questions and answers



### Customer reviews



Share your thoughts with other customers

Write a customer review

See all 2 customer reviews

### Top customer reviews

chefsteph

It works OK.

June 3, 2014  
Verified Purchase

I've purchased this product in anticipation of a noticing a huge difference in my weight loss. It helped somewhat but I do not eat heavily anyway. However, I do have a problem with anything containing sugar. It really did not help in that particular situation. If I could completely eliminate sugar in its entirety from my diet, I would purchase CardiaShred again.

Helpful Comment Report abuse

Kimberly Williams

Save your money!!

February 25, 2014  
Verified Purchase

This is my first (and last!) "diet pill" purchase. This product did NOTHING additional for me. I exercise regularly and took this product for 4 weeks along with stricter dieting hoping break my plateau and lose more than the standard 1.5-2 lbs a week... No better results than what I previously lost through diet and exercise alone. (1.5 lbs/wk). I'll never buy a "diet" pill again. They're all scams!!

Helpful Comment Report abuse

See both reviews

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Ad feedback

**Disclaimer:** While we work to ensure that product information is correct, on occasion manufacturers may alter their ingredient lists. Actual product packaging and materials may contain more and/or different information than that shown on our Web site. We recommend that you do not solely rely on the information presented and that you always read labels, warnings, and directions before using or consuming a product. For additional information about a product, please contact the manufacturer. Content on this site is for reference purposes and is not intended to substitute for advice given by a physician, pharmacist, or other licensed health-care professional. You should not use this information as self-diagnosis or for treating a health problem or disease. Contact your health-care provider immediately if you suspect that you have a medical problem. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Amazon.com assumes no liability for inaccuracies or misstatements about products.

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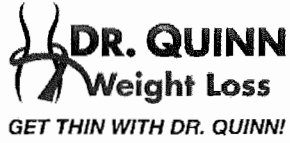


**Dr. Quinn Weight Loss**

**About**

**What We Do**

**Products**



**Testimonials**

**Corporate Locations**

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## Schedule for Appointment

Name \*

First

Last

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Best Time to Call? \*

Questions? \*

**Submit**

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\$40.00

Add to cart



**Signature Crispy**

**Chocolate Mint**

\$14.00

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**Signature Caramel Nut**

\$14.00

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**Signature Peanut**

**Butter**

\$14.00

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**Signature Caramel**

**Crunch**

\$14.00

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**Check out our Online meal plan creator**

Dr. Quinn’s Online Weight Management Program is a great way to achieve and maintain ideal weight. This easy and effective online program complements the Get Thin With Dr. Quinn program

 [VIEW MORE DETAILS](#)



## Check out our Products

Our pharmaceutical grade supplements are available on-line:

- [Fat Burners](#)
- [Fill pills](#)
- [Calcium Pyruvate](#)
- [Super Energy](#)
- [Metabolism Boosters](#)
- [Binge Busters](#)
- [Colon Cleanse](#)

 [VIEW ALL PRODUCTS](#)



## Meet the Staff: Dr. Quinn

The Dr. Quinn Weight Loss staff is committed to providing each patient with an exceptional level of care and attention. Dr. Quinn Weight Loss is owned and operated by Dr. Christopher Quinn. Dr. Quinn is specially trained in the field of bariatrics and is an active member of the American Society of Bariatric Physicians. Dr. Quinn is a Board Certified, Emergency Medicine physician and was on staff at Oakwood Hospital and McLaren Flint Medical Center. The Dr. Quinn Weight Loss staff works together as a team to provide high-quality comprehensive care.

MEET OUR STAFF

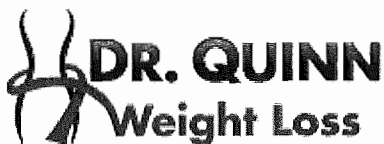
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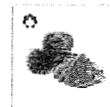
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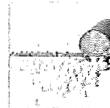
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Product Details

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Overview

Quick Details

Brand Name: evimeria Inc. Type: Herbal Extract
Function: help loss weight naturally suppresses appetite: gives energy because it co...

Supply Ability

Supply Ability: 2000 Pack/Packs per Day

Packaging & Delivery

Packaging Details usp
Port usa
Lead Time 1-5 days

Specifications

plant compound that helps us lose weight by burning calories in a short time, a reduction of abdominal fat, waist and hip
which improves circulation and keeps you more active. It also combines the Garcinia, a plant that helps reduce the conversion of carbohydrates to body fat, inhibits appetite and helps remove unwanted fat from your body to burn calories. Requires drink plenty of water.

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US \$29-58 / Kilogram  
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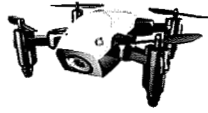
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5 Carton/Cartons

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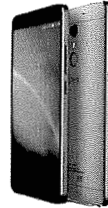
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# About Us



With a strong commitment to betterment of the community, Dr. Tarki has taken the care of his clients to a new level with taking the time to listen to their health concerns while addressing those issues with a down to earth and simple to understand and follow approach. No wonder, his patients come from near and far just to see him, and no one else.

Dr Tarki, our board certified family physician of 25 years of experience has proudly served his patients with exceptional compassion and caring. He has held numerous prestigious positions including:

1. Chief Medical Officer for the United States TAE KWON DO Federation, and is holder of 3rd degree black belt
2. Medical Director for L'oreal of Paris Skin and Hair Clinic, mid-east territories
3. Certified Medical Review Officer
4. Civil Surgeon for the USCIS and Homeland Security
5. Certified Medical and Aesthetic Laser Diplomate
6. Certified Addiction Treatment Physician

*Come see us. You will wonder why you did not come to our place sooner. Call now for an appointment.*

# WHY US?

# WE ARE SETTING A NEW STANDARD FOR YOUR HEALTH CARE NEEDS.

## By choosing us you can be assured of:

ALTHOUGH OUR CLINIC IS SELF-PAY, YOU WILL BE SURPRISED AS HOW YOU CAN SAVE TIME AND MONEY BY CALLING FOR AN APPOINTMENT WITH DR. TARKI.

- Getting a decent compassionate care and respect, with answers to all of your concerns. Our aim is to get you well again ASAP. We do not allow insurance companies' co-pays, deductibles, out-of-pockets, service caps, etc. to dictate or limit the care you really need. Our budget-friendly fees easily align with your co-pays and deductibles or out-of-pockets. So whether you have insurance or are self-pay,
- No more two or more hours waiting time just to see a nurse let alone a doctor, due to insurance verifications and discrepancies.
- No getting rushed through the treatment before a chance to discuss your needs or address your treatment concerns.
- No more big bills in the mail from your insurance company for non-covered services with us on your very first visit.

Designed by *Mahmoud Elhaddad*

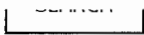
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MENU





# WHY CHOOSE HEALTH CHEX

lose 10 pounds in 14 Days, try Health Chex Medical. We understand our patient's challenges. We strive to deliver our patients the best results and feel great for their special event. If your goal is not to STOP TRAFFIC but just SLOW IT DOWN, we can help you reach your goal.

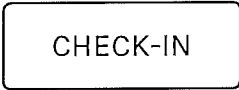
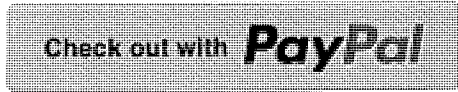
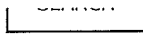
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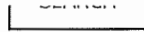
# HOW OUR PLANS WORK

Our individualized results driven plans are patient centered with a primary focus on the patient's goal to look good and feel great. By utilizing a Multi-faceted team approach that is lead by medical director, Simon Portee, MD, includes Behavior Modification Therapy, Customized Diet Plans, Nutrition and Weight Loss Consultations. It's no surprise why health chex medical patient's achieve awesome results that's been known to NOT STOP TRAFFIC but can SLOW IT DOWN !



### WHAT MAKES US UNIQUE





and passionate about what we do. Renowned for our fantastic healthcare team, warm and receptive environment, and a great office culture that makes us second to none.



**MEMBERSHIPS**

**BASIC PLAN - \$10.00 Per Month**

**SILVER PLAN - \$19.95 Per Month**



**PRODUCTS/SERVICES**

Prescription grade Lipo/B-12 fat burning injections, FDA Appetite suppressants, Phentermine, and Adipex (if approved) , Natural supplements Garcinia Cambogia, Non-surgical FDA approved fat melting body sculpting procedure.

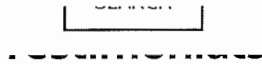


**GET STARTED TODAY**

You can visit our store and purchase one of our many weight loss plans today.







amazing and I feel so blessed to be under their care! My first week I lost 4lbs so I have 69 more to go and looking forward to this team of Professionals. Hugs A B

**Andrea B.**

**a review describes only one persons experience and is not a reflection**

**ADDRESS**








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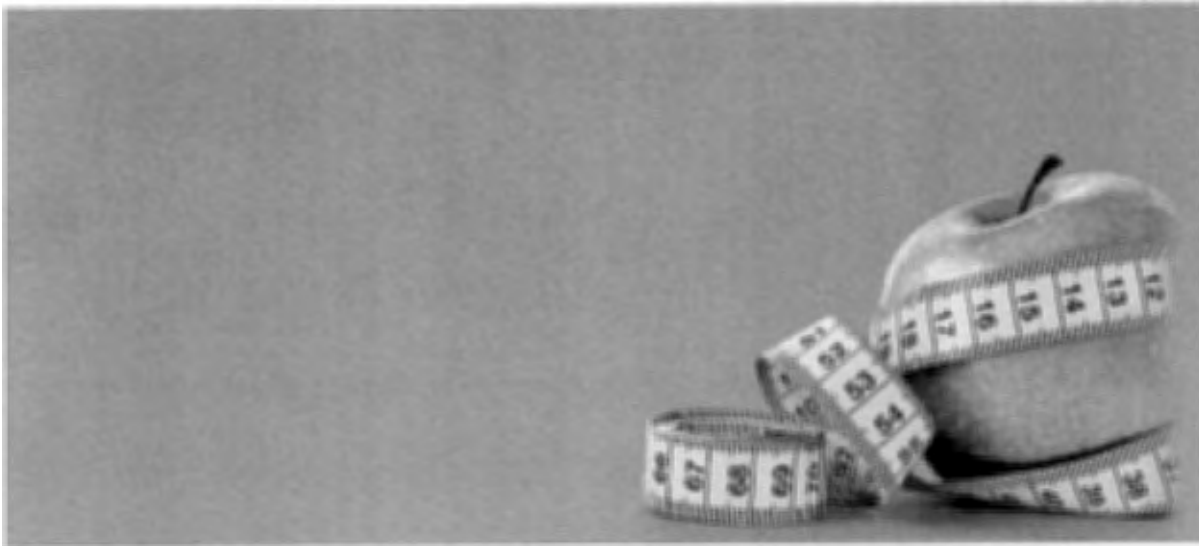
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**DESIGNED TO WORK FOR EVERYONE!**

**Men and women of all ages!**

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## Looking for a Diet that works? You just found it!

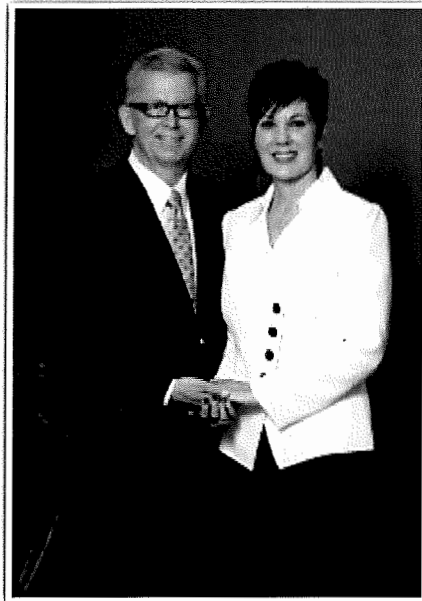
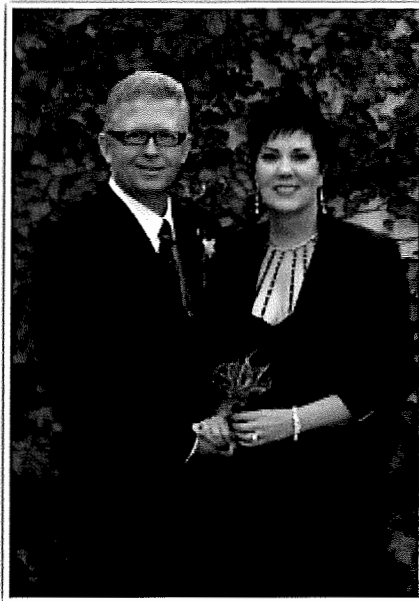
The OWL Diet™ is a Low Calorie Diet of approximately 800 calories per day, combined with mild to moderate exercise and the use of one or more prescription medications to help you achieve your weight loss goal.

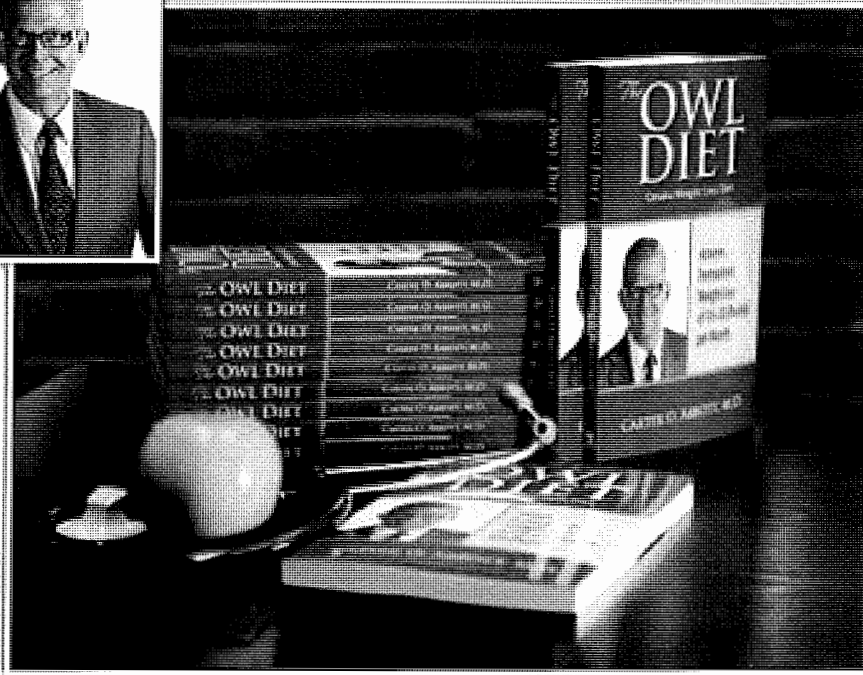
OWL stands for “Omaha Weight Loss” since Omaha Nebraska USA is the birthplace of this highly effective weight loss plan. The OWL Diet was developed by Dr. Carter Abbott, a family physician, who needed to lose weight. The diet worked for him, and his wife too. And they have learned how to keep their weight off permanently!

The pictures show Dr. Abbott and his wife Lenore – before and after they lost over 40 pounds between the two of them!

**Over the last 8 years, Dr Abbott has enrolled over 3,000 people in The OWL Diet plan!**

Learn more! (<https://owldiet.com/about-the-owl-diet/>)





## What You Will Learn

Dr. Abbott literally wrote the book on OWL Dieting. In his book you will learn:

***How the diet leads to an average weight loss of 15-20 pounds per month***

***How prescription medications can curb your hunger and promote fat burning***

***How weight loss can reduce your need for drugs for Type 2 Diabetes Mellitus, High blood pressure and joint pain***

***How to lose weight by eating from a large variety of healthful foods, including lean meats, fruits & vegetables, bread products and more!***

***How mild to moderate exercise is permitted while following The OWL Diet plan***

*Dr. Abbott and his staff are truly amazing! They helped me lose weight that I've struggled with before coming to them. The staff are great coaches and a support team. They are angels in my eyes and helped me achieve so much. Thanks for all you do!*

**– A.C. woman age 28**

# An Easy to Follow Plan -That Works!

**We all know that dieting is never easy, but this is a plan that really works!** Dr. Abbott has made the plan easy to follow, so that it includes all of the following:

*Zero calorie flavored beverages*

*Diet pop*

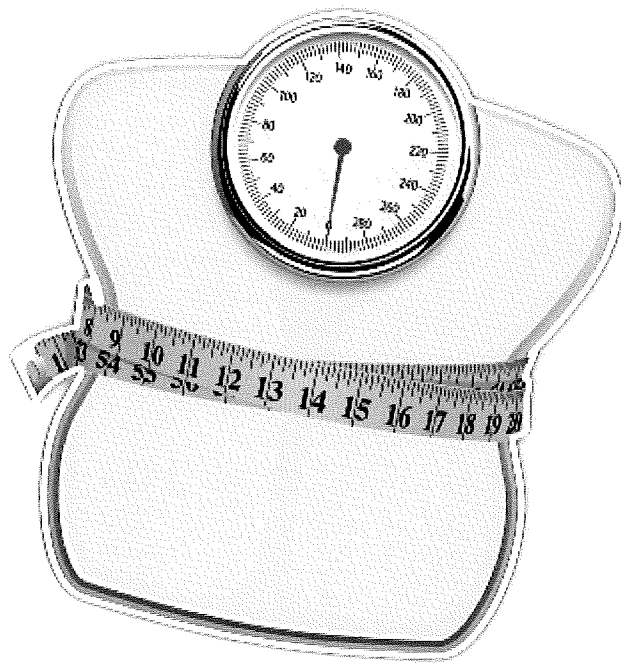
*Caffeine containing coffee, tea and soda*

*An option to have up to one alcoholic beverage per day*

*Snacks between meals*

*Breakfast, lunch and supper*

*A long list of approved fruit and vegetable options*



# A Medical Weight Loss Plan

What makes The OWL Diet plan a “medical weight loss plan”?

It is offered by **Doctors, Nurse Practitioners, and Physician Assistants** who understand obesity and the safe administration of prescription medications

It provides a balanced diet that teaches you the right way to eat for the rest of your life

It is a plan that works for men and women of all ages, and with a range of medical conditions

It emphasizes the need for regular office or spa visits to monitor your progress

It includes the safe use of prescription medications, vitamins and supplements – to help you with metabolism, hunger and fat burning

Find out more about our weight loss medications (<https://owldiet.com/the-owl-medical-difference/>)



## How it Works

While on The OWL Diet you will select, from a long list of approved foods, the ones that you like! **We then show you how to put them together to form 3 meals and 3 snacks per day. We do not sell protein powders, shakes, bars or packaged foods. We do teach you how to eat healthfully to lose weight and keep it off.**

You will choose from a large variety of meats such as beef, chicken, turkey, white fish, salmon, shrimp, crab and scallops. You may also choose a vegan option using egg whites, tofu and beans.

You will also select from a huge variety of vegetables, some of which you will combine with lettuce greens to make a fulfilling salad. We even tell you how to select the right salad dressings! Some vegetables will

also be cooked, to be eaten with your meat selections to create real meals. For snacks you may choose items such as fruit and yogurt. We even have a couple of free foods!

**Even a calorie reduced diet should allow for bread or carbs! The Owl Diet allows you to make a sandwich or even popcorn!**

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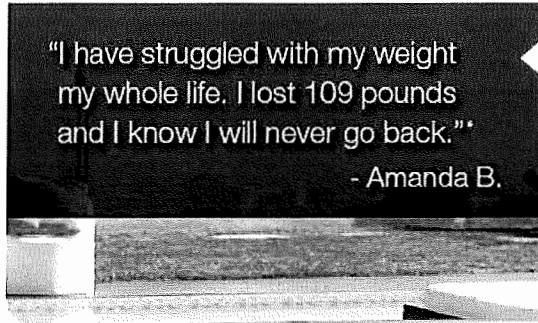
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Our Proven Approach to Weight Loss

BMI Calculator

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### Our Weight Loss Program



### How LA Weight Loss Works

Backed by nutritional science. Get real results with LA Weight Loss. Guaranteed.

Backed by volumes of research in diet and nutritional science, LA Weight Loss programs are designed to work with your body's natural weight loss processes to optimize safe and fast weight loss that you can count on keeping off for good.

What does that mean for you? Rapid weight loss. Guaranteed!

Don't wait another minute. Take control of your life today!

Call now for a FREE consultation!  
**1-800-513-5106**

### Join the real food revolution.

Most people love real food. Delicious pastas, delightful deserts, and sinful snacks! The beauty of the LA Weight Loss exclusive Diet program – Rapid Results - is that you're still able to enjoy the foods you love.

With the LA Rapid Results Diet System your body continuously burns calories throughout the day, boosts your energy, and helps you control your appetite for maximum, permanent weight loss. It works with your body, not against it. Many diets fail to take into account the way our bodies function. We need protein, carbohydrates, and yes, even fat. That's the way we're built. But we also need the right foods in the right proportions.

With the LA Rapid Results Diet System working for you, it's your time. We know you can lose weight with us – millions<sup>+</sup> already have.

Our proven approach to weight loss

With just one click, you can start losing weight today!

#### At-home weight loss

All the tools and exclusive LA Weight Loss products you need to help you get to your goal weight fast – and keep you there – are delivered right to your door!

Lose weight fast. Results guaranteed.

Success is at your fingertips! Get started now.

A leaner you is just a few clicks away. Our weight loss programs bring LA tools and products right to your front door. So join the online weight loss revolution – get LA!



Choose the right program for you

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\*Individual results may vary. Expect to lose an avg. of 1-2 lbs per week while following our program.



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Since early 2011, we've been helping people in Southern Wisconsin lose weight and learn how to keep it off, and now with the Medithin Advantage eating plan you have more flexibility and freedom as you work toward your weight loss goals.

Our physician-supervised weight loss program is safe, proven effective, and affordable. Your progress is monitored by a physician and medical staff to ensure optimum care and support all in a caring, compassionate environment. Go to [Our Program \(/our\\_program.php\)](#) to learn more and make sure you take a look at our [Testimonials \(/testimonials.php\)](#).

**Now it's your turn to become a success story.**



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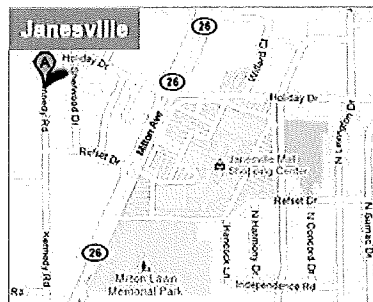
Call **608-531-0400 (callto:+1-608-531-0400)** now for more information or to book your initial visit.

#### Janesville

2605 Kennedy Rd  
Janesville, WI 53545  
608-531-0400 (callto:+1-608-531-0400)

#### Madison

4030 E Towne Blvd  
Madison, WI 53704  
608-531-0400 (callto:+1-608-531-0400)



(<https://maps.google.com/maps?>

q=2605+Kennedy+Rd++Janesville,+WI+53545&hl=en&l=42.71392,-89.005877&spn=0.004091,0.007757&sl=42.714017,-89.005893&hnear=2605

**Clinic hours are the same at both locations:**

Monday: closed  
Tuesday: 11:00 to 7:00

Wednesday: 8:00 to 1:00  
Thursday: 11:00 to 7:00  
Friday: 8:00 to 1:00  
Saturday: 8:00 to 12:00  
Sunday: closed

Would you like to learn more about our program? [CONTINUE >](#)

(our\_program.php)

**REAL-LIFE RESULTS**



Roger has lost **102.9 pounds**  
in just four months!

MedithinWeightLossClinics.com \*

**SEE MORE PHOTOS \***

See more success stories  
on our Facebook page (and  
hear from our patients!)



(<https://www.facebook.com/medithinweightlossclinics>)

\* Results are not guaranteed. Results may vary from patient to patient. The weight loss results described herein may or may not be typical. Results will vary based on each patient's physical health, diet and exercise, family history, physical condition, and adherence to the Medithin program. Medithin Weight Loss Clinics makes no claims that the weight loss results stated or featured are representative of all patients, and that while a small percentage of users might experience dramatic weight loss in a short period of time, weight loss can't be guaranteed for all.

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[MEDITHIN MY WAY \(/MMW.PHP\)](#) | [SPECIAL OFFER \(/STATIC/GENERAL/2017STARTED99?SRC=9\)](#) | [FAQ \(/FAQ.PHP\)](#) |  
[B12 INJECTIONS \(/B12\\_SHOTS.PHP\)](#) | [RESOURCES \(/RESOURCES.PHP\)](#)  
[BLOG \(/BLOG\)](#) | [SHOP \(HTTPS://SHOPMEDITHIN.COM/\)](https://shopmedithin.com/) | [CONTACT \(/CONTACT.PHP\)](#) |  
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Medithin Weight Loss Clinics

(/)  
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Janesville, WI 53545  
608-531-0400 (callto:+1-608-531-0400)



(<http://www.facebook.com/pages/Medithin-Weight-Loss-Clinics/185131181511918?sk=wall>)



(<http://www.youtube.com/user/Medithinweightloss>)

Medithin Weight Loss Clinics

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More than three servings of cruciferous vegetables per week have been shown to significantly reduce prostate cancer risk by as much as 41%.  
~ Journal of National Cancer Institute

"Physical Therapy is not limited to evaluating and treating a patient's rehabilitation needs. Physical Therapy must be committed to addressing the patient's whole body in an effort to optimize their function, health and fitness so they may have the opportunity to experience the greatest quality of life." – Jeff Gilliam PT, PhD, OCS



The White  
August 26,

Are Your  
You Sick  
November :

Physical  
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September

Lessons f  
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August 27,

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Physical  
July 20, 201

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Change  
July 13, 201

How to Ar  
Patient wi  
Weight Br  
July 12, 201



Call now: (571) 252-3775

# How much weight do I need to lose?

Find out what your target weight should be and how 7Company can get you there!

Height	<input type="text" value="5"/>	ft	<input type="text" value="6"/>	in
Weight	<input type="text"/>	lbs		
<input type="button" value="Calculate"/>				

## Reduce Your Waistline and Feel Great!

- **Real Results** - based on medical research and hundreds of members who have achieved their weight loss goals
- **Great Tasting Food** - proven high protein, low carb recipes that shed pounds and taste great
- **Personalized Coaching** - medical coaches help you find the right program and get to the size you want
- **Weight Loss Technology** - proven to boost metabolism and strengthen muscles and help you tone
- **Meal Plans** - healthy meal plans with pre-made shopping lists make it easy to keep it off

\*Results may vary depending on physiological factors, adherence to program, etc.

[Find a Program Right For You! \(/programs\)](/programs)



Before



After

## Testimonials



I have been on Ria and Robey's electro-slim program for about 6 months now and I have lost 40 pounds so far. Since being on the program I have had so much more energy.

Shakeria



Without all the encouragement and support I will still be 40 pounds heavier and I would not have been able to do this.

Marcille



(<https://www.yelp.com/biz/7company-lansdowne>)

\*Results may vary depending on physiological factors, adherence to program, etc.

## Thank You For Voting 7Company As One Of The Top Weight Loss Clinics in Loudoun County!



7Company Weight Loss & Wellness was rated among the top 5 weight loss clinics in Loudoun County by your votes! Every year Loudoun County residents vote on their favorite businesses, and thanks to your vote we received an amazing rank!

## START LOSING WEIGHT TODAY!

Your Name

Email Address

Phone Number



How Can We Help You?

Send Email



19420 Golf Vista Plaza,  
Suite 310,  
Lansdowne, VA 20176

Give us a call:  
571-252-3775



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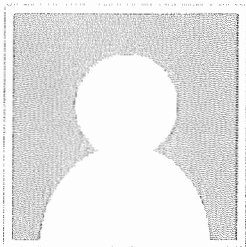




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# MDweightWoRx



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**Diet and Weight Management**

Later Breakfast, Earlier Dinner Might Help You Shed Body Fat  
Taming Those High-Calorie Temptations

**Nutrition Wise**

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**Diabetes**

FDA Warns of Serious Genital Infection With Diabetes Meds  
Health Tip: Keep Diabetic Feet Healthier

September 2018

M	T	W	T	F	S	S
					1	2
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« Jan

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# LOSE WEIGHT THE EASY WAY

Call or make an appointment  
online to get started today.

NEW GENETIC TESTING

FREE CONSULTATION

Change your diet and change your life. Visit our online store today.

**SHOP LOW CARB NOW**

## WELCOME TO BLISSFUL WELLNESS



---

Blissful Wellness is a medical weight loss center in Jacksonville, FL that treats patients as unique individuals and provides them with diets, support, and tools to achieve and maintain their ideal weight.

Schedule a FREE consultation by filling out the form below!

MY NAME \*

I WOULD LIKE TO REQUEST AN APPOINTMENT ON THIS DATE \*

I WOULD LIKE TO REQUEST AN APPOINTMENT AT THIS TIME \*

7:00 AM



I WOULD LIKE TO MEET AT THE FOLLOWING LOCATION \*

RIVERSIDE OFFICE

GATE PARKWAY OFFICE

PHONE NUMBER \*

EMAIL \*

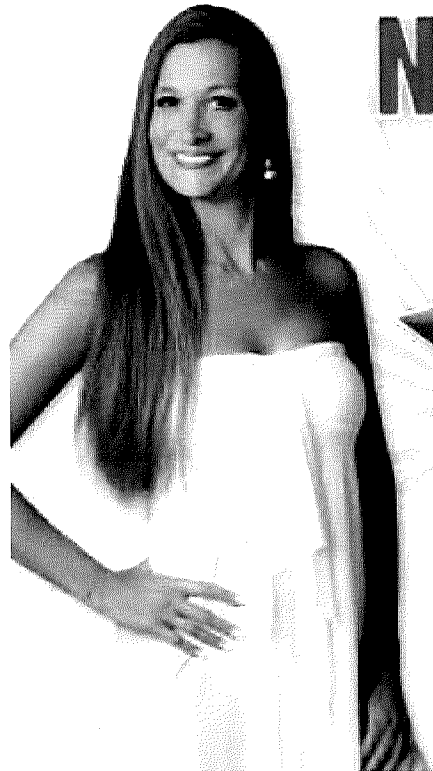
HOW DID YOU HEAR ABOUT US? \*

Website/Search Engine



MESSAGE

SUBMIT



# NEED TO LOSE WEIGHT?

**15% OFF**

**NEW Blissful Ketosis!**

Lose weight fast with our new ketogenic diet!

**25% OFF**

**NEW**  
**Vegetarian/  
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Vegetarian/Vegan products available

**\$45**

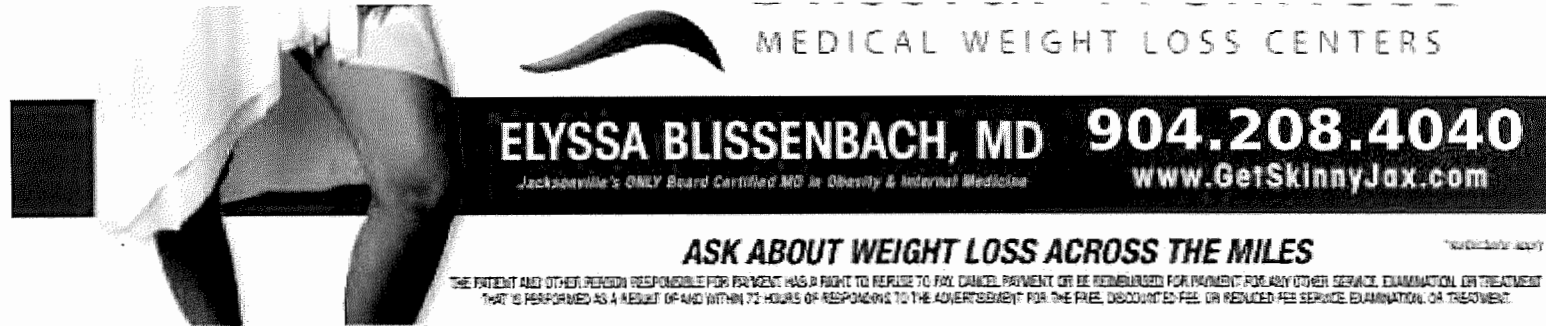
**KLB and Nature's Trim Away**

ORIGINALLY \$59.98



## Blissful Wellness





MEDICAL WEIGHT LOSS CENTERS

**ELYSSA BLISSENBACH, MD** 904.208.4040  
 Jacksonville's ONLY Board Certified MD in Obesity & Internal Medicine  
 www.GetSkinnyJax.com

**ASK ABOUT WEIGHT LOSS ACROSS THE MILES**

THE PATIENT AND OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.

FIND OUT MORE

Contact us today at  
+1 (904) 208-4040

Why we are different from other Jacksonville weight loss centers

## **Physician Supervised**

From the first consultation, to reaching your weight goal, to maintaining a healthy lifestyle after, our medical weight loss physicians will be by your side, helping you with any questions concerning your diet and individual weight loss plan.

## **Support Community**

Beating bad habits and living a healthy life is easier with people around you jumping the same hurdles. We have a community of caring people in Jacksonville who want to help and share their success with diets and medical weight loss.

## **Customized Plans**

Every person has different medical needs, weight loss goals, and time to dedicate to living a healthy lifestyle. We understand and our weight loss doctors will create diet plans to your unique biological needs, weight loss goals, and schedule.

## **Maintenance Plans**

The hardest part isn't losing the weight, it's keeping it off. After losing the initial weight and completing the weight loss plans, our medical weight loss staff will be by your side helping you maintain a new healthy lifestyle beyond our weight loss center.

## COME JOIN A HEALTH & NUTRITION SUPPORT GROUP

Beating bad habits and living a healthy life is easier with people around you jumping the same hurdles. We have a community of similar people that want to help and share their experiences with you.

# BLISSFUL WELLNESS OFFICE LOCATIONS

## **Gate Parkway Office**

9889 Gate Parkway,  
Suite 304 & Suite 305,  
Jacksonville, FL 32246

## **Riverside Office**

2065 Herschel St., Jacksonville, FL 32204

Contact us today at

+1 (904) 208-4040

## GOOD HEALTH & NUTRITION IS OUR MISSION

Rooted in the belief of the resilient human spirit, Blissful Wellness empowers its patients to resurrect the true self.  
Be who you were meant to be.

## THIS MONTH'S SEASONAL RECIPES

Every month we share healthy, delicious recipes and menu ideas from our nutrition experts.





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# WEIGHT LOSS AWAKENING | DRCARP.COM

This section of the website is about what happens when someone takes weight loss into their own hands by learning about the 4 pillars of health and using them fully to lose weight and gain health. Anything in life can be an awakening I mean awakening in the sense that through studying what needs to be studied and making it all your own, it becomes a sacred practice towards bringing yourself into more wholeness. Any practice in life can be an awakening. The baseball greats, all had some incredible insightful things to say about life using the metaphor of baseball, the same goes with martial arts, and just about anything that requires practice to master.

I'd like you to consider the path to weight loss and health to become "your way," one that through practice becomes a higher way towards improving yourself and making your health situation better. It can't be an awakening by blindly following someone's advice. The advice needs to be tested, vetted, experienced and then decided by you whether it works for you on all levels of being from physical, emotional, to spiritual.

Awakening of this sort, is often painful in the beginning because we learn to look squarely at ourselves and in the beginning it isn't a pretty sight. But once we clear out all the misconceptions, the desire for cookie cutter solutions, and start gaining the strength to rely on ourselves, this path becomes the easier one.

There is a wonderful story in the Talmud that explains this very well.

"Said Rabbi Yehoshua ben Chananiah: "Once a child got the better of me."

"I was traveling, and I met with a child at a crossroads. I asked him, 'which way to the city?' and he answered: 'This way is short and long, and this way is long and short.'

"I took the 'short and long' way. I soon reached the city but found my approach obstructed by gardens and orchards. So I retraced my steps and said to the child: 'My son, did you not tell me that this is the short way?' Answered the child: 'Did I not tell you that it is also long?'"

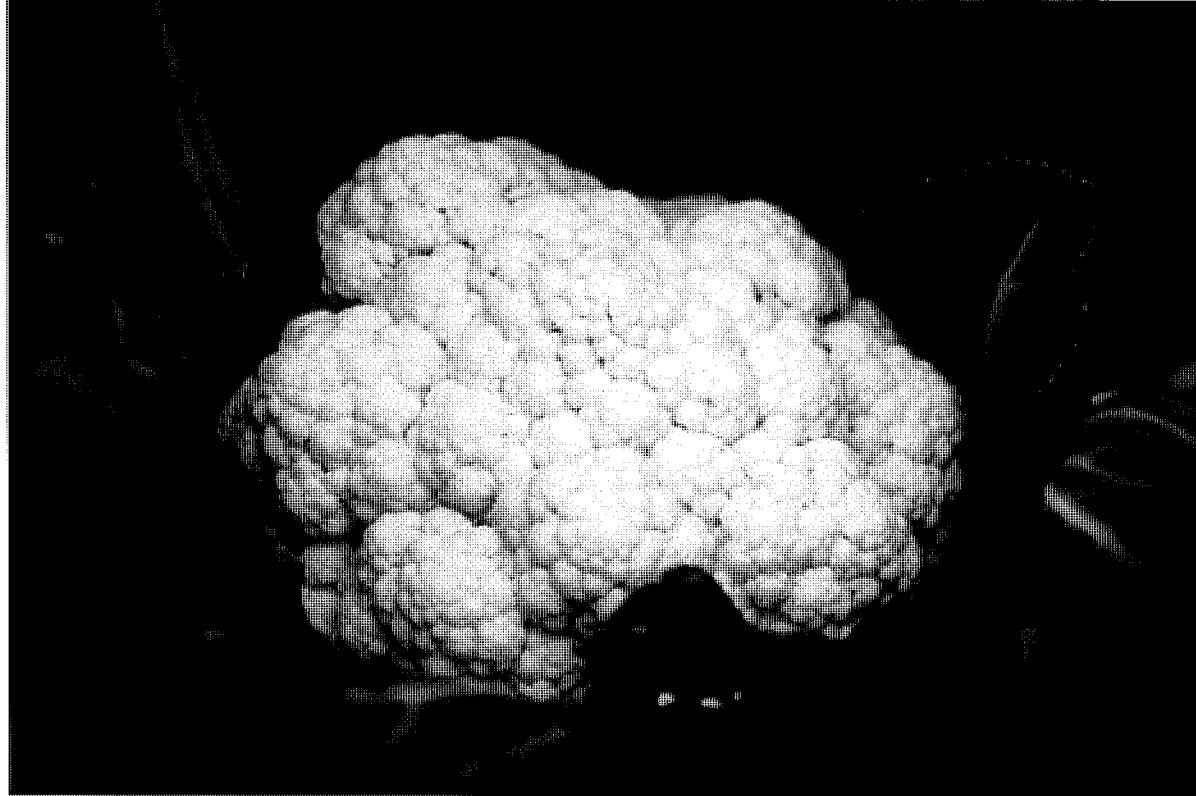
(Talmud, Eruvin 53b)"

The world offers you what appears to be shortcuts but in fact it is the long way often with a path through heartbreak and deception. What this website offers is the opposite, a path that may appear longer at first but in the end is a shorter way. If the elements of what I have written here resonate with you – sign up for my newsletter and it will my pleasure to guide you on this journey.



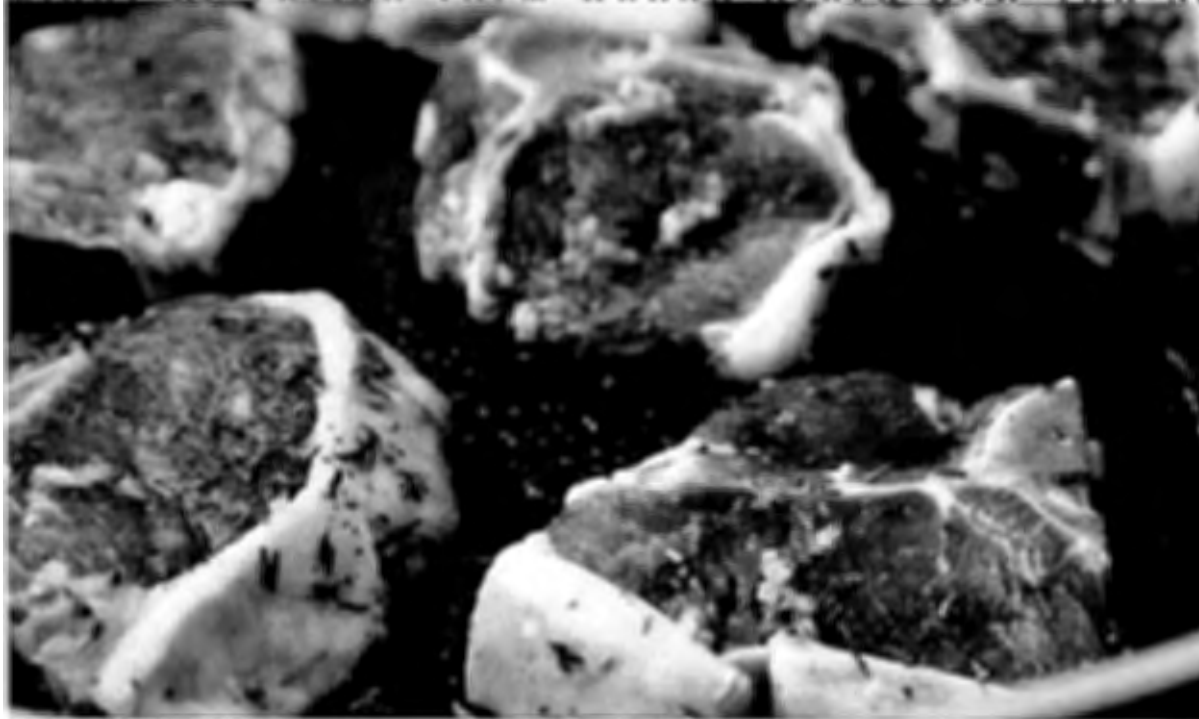
<https://drcarp.com/omega-3-and-omega-6-balance/>

## 5 WAYS TO IMPROVE YOUR OMEGA 3 AND OMEGA 6



[\(https://drcarp.com/gas-or-pain-after-eating-cruciferous-veggies-youre-might-be-eating-them-wrong-heres-how-you-should-prepare-them/\)](https://drcarp.com/gas-or-pain-after-eating-cruciferous-veggies-youre-might-be-eating-them-wrong-heres-how-you-should-prepare-them/)

## GAS OR PAIN AFTER EATING CRUCIFEROUS VEGGIES? YOU'RE MIGHT BE EATING THEM WRONG. HERE'S HOW YOU SHOULD PREPARE THEM.(HTTPS://DRCARP.COM/GAS- OR-PAIN-AFTER-EATING-CRUCIFEROUS-VEGGIES-YOURE- MIGHT-RE-EATING-THEM-WRONG-HERES-HOW-YOU-SHOULD-



[\(https://drcarp.com/how-much-protein-do-you-really-need-for-weight-loss/\)](https://drcarp.com/how-much-protein-do-you-really-need-for-weight-loss/)

## HOW MUCH PROTEIN DO YOU REALLY NEED FOR WEIGHT LOSS?(HTTPS://DRCARP.COM/HOW-MUCH- PROTEIN-DO-YOU-REALLY-NEED-FOR-WEIGHT-LOSS/)

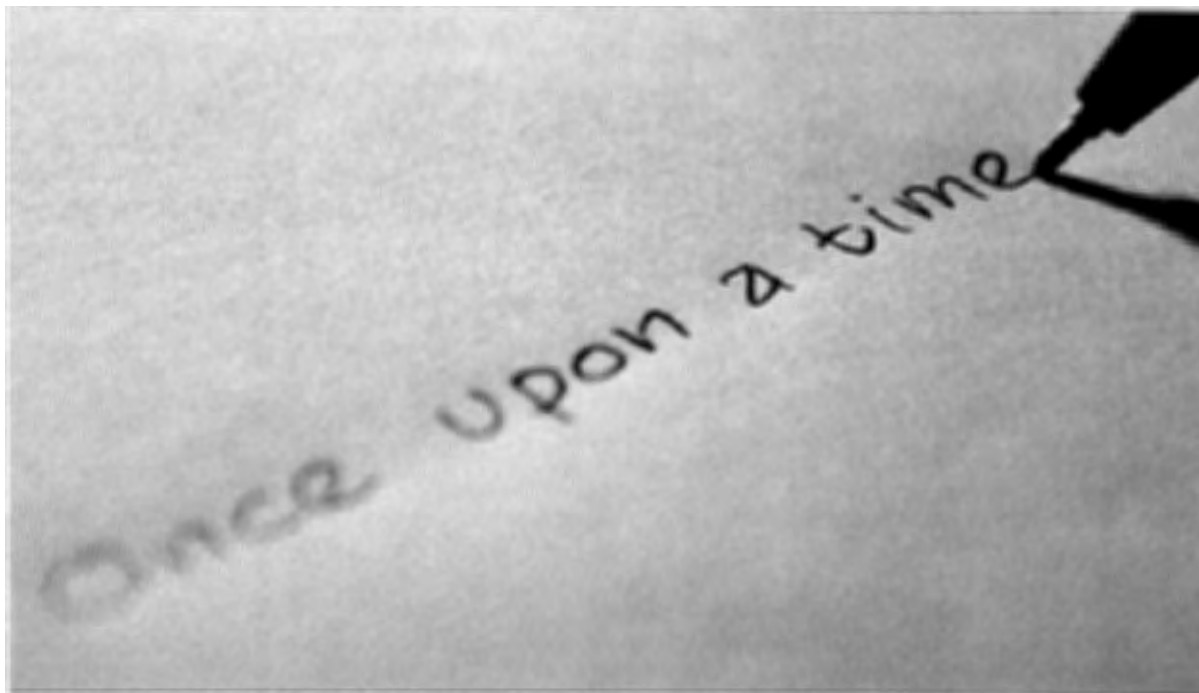
When people go on a diet, one of the first things they add is animal protein. They often increase animal protein. While protein is...



[\(https://drcarp.com/2-important-things-turn-story-tell-reality/\)](https://drcarp.com/2-important-things-turn-story-tell-reality/)

## 2 IMPORTANT THINGS TO DO TO TURN THE STORY THAT YOU TELL YOURSELF INTO REALITY(HTTPS://DRCARP.COM/2-IMPORTANT-THINGS-TURN-STORY-TELL-REALITY/)

In the last two blogs, I talked about changing the stories that we tell ourselves and constructing a new story to make substantial changes



[\(https://drcarp.com/change-life-one-story-time/\)](https://drcarp.com/change-life-one-story-time/)

**HOW TO CHANGE YOUR LIFE. ONE STORY AT A  
TIME([HTTPS://DRCARP.COM/CHANGE-LIFE-ONE-STORY-  
TIME/](https://drcarp.com/change-life-one-story-time/))**



[\(https://drcarp.com/2-common-healthy-eating-problems-solved/\)](https://drcarp.com/2-common-healthy-eating-problems-solved/)

## 2 COMMON HEALTHY EATING PROBLEMS, SOLVED(HTTPS://DRCARP.COM/2-COMMON-HEALTHY- EATING-PROBLEMS-SOLVED/)

In our Weight Loss Awakening Friendship Group on Facebook, I recently received a comment that a lot of us can relate to. Angela on...



[\(https://drcarp.com/6-things-before-starting-an-exercise-program/\)](https://drcarp.com/6-things-before-starting-an-exercise-program/)

## 6 THINGS YOU NEED TO KNOW BEFORE STARTING AN EXERCISE PROGRAM(HTTPS://DRCARP.COM/6-THINGS- BEFORE-STARTING-AN-EXERCISE-PROGRAM/)



I have been frequently talking about these four pillars of health: Nutrition, Mental State, Environment, and Movement and Mechanics.



[\(https://drcarp.com/everything-you-need-to-know-about-sleep-and-how-to-make-it-better/\)](https://drcarp.com/everything-you-need-to-know-about-sleep-and-how-to-make-it-better/)

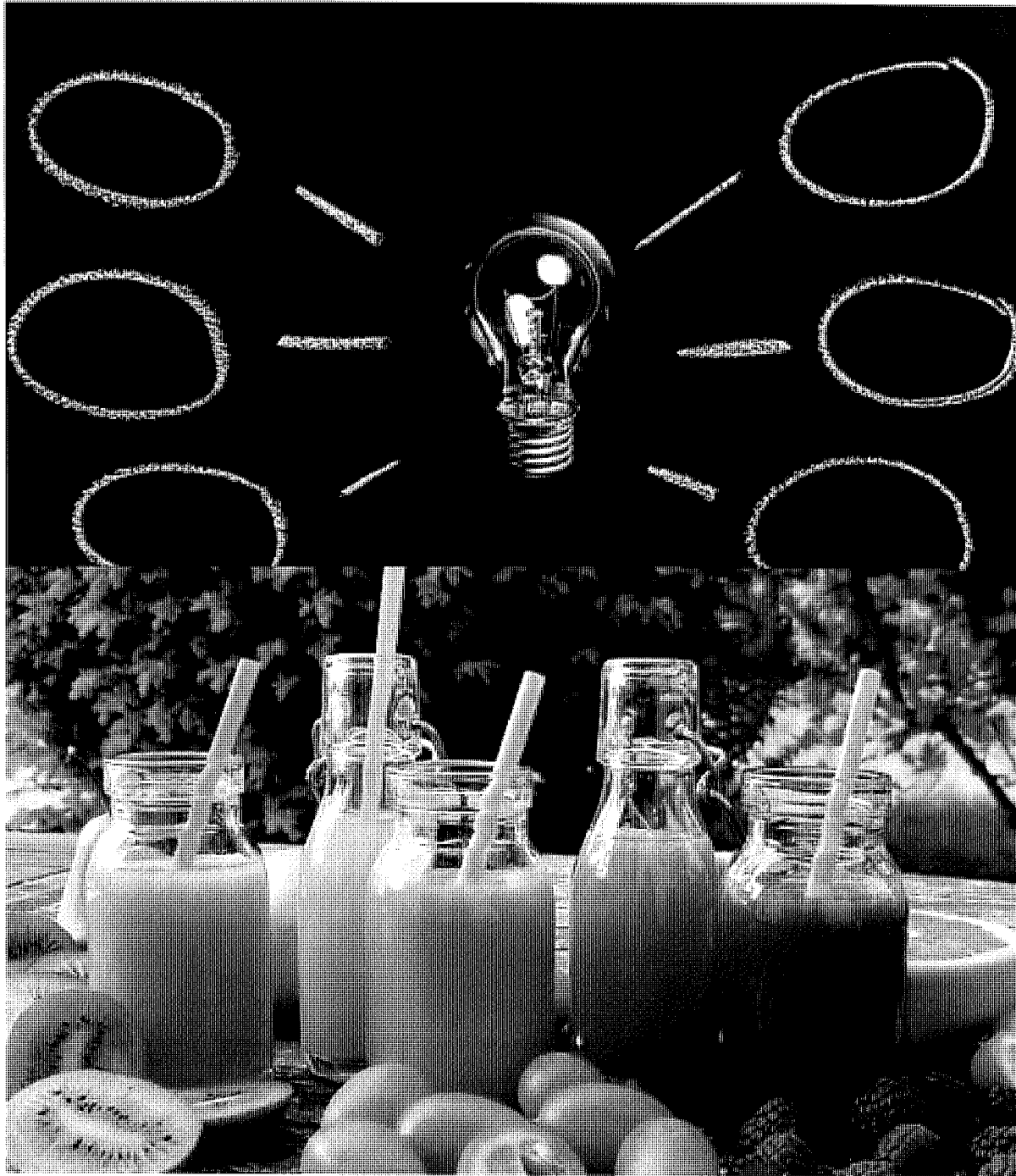
## EVERYTHING YOU NEED TO KNOW ABOUT SLEEP AND HOW TO MAKE IT BETTER([HTTPS://DRCARP.COM/EVERYTHING-YOU-NEED-TO-KNOW-ABOUT-SLEEP-AND-HOW-TO-MAKE-IT-BETTER/](https://drcarp.com/everything-you-need-to-know-about-sleep-and-how-to-make-it-better/))

If there is one thing our busy, 24/7 culture often neglects, it's sleep. What's worse, workaholics and social butterflies seem to glorify sleep deprivation.



[\(https://drcarp.com/4-things-you-absolutely-need-to-know-before-buying-olive-oil/\)](https://drcarp.com/4-things-you-absolutely-need-to-know-before-buying-olive-oil/)

## 4 THINGS YOU ABSOLUTELY NEED TO KNOW BEFORE BUYING OLIVE OIL (HTTPS://DRCARP.COM/4 THINGS YOU



[\(https://drcarp.com/is-fructose-in-fruit-bad-for-you/\)](https://drcarp.com/is-fructose-in-fruit-bad-for-you/)

# IS FRUCTOSE IN FRUIT BAD FOR YOU? ([HTTPS://DRCARP.COM/IS-FRUCTOSE-IN-FRUIT-BAD-FOR-YOU/](https://drcarp.com/is-fructose-in-fruit-bad-for-you/))

Across the internet, there are lots of posts about how we need to be careful about fruit “because of the fructose.” I wanted to...



(<https://drcarp.com/weight-loss-and-type-1-diabetes/>).

# WEIGHT LOSS AND TYPE 1 DIABETES([HTTPS://DRCARP.COM/WEIGHT-LOSS-AND-TYPE-1-DIABETES/](https://drcarp.com/weight-loss-and-type-1-diabetes/))

I received the following email from a reader. Sign up to my newsletter above to send me questions as well. Also stay tuned as...



[\(https://drcarp.com/bariatric-surgery-weight-loss-plateaus/\)](https://drcarp.com/bariatric-surgery-weight-loss-plateaus/)

## BARIATRIC SURGERY WEIGHT LOSS PLATEAU'S (HTTPS://DRCARP.COM/BARIATRIC-SURGERY- WEIGHT-LOSS-PLATEAUS/)

I recently received the following question. I had Bariatric surgery 5 weeks ago, was doing real well but when I weighed myself this week...

---

DR CARP



THIS WEBSITE IS DESIGNED TO FULFILL WHAT ONE OF MY TEACHERS GERALD EPSTEIN, MD SAYS IS THE TASK OF ALL PEOPLE WHO WISH TO ACHIEVE INDEPENDENCE AND FREEDOM IN THEIR LIVES AND THAT IS "TO BECOME YOUR OWN AUTHORITY."

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carp/44/432/417)

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1 The Death of Truth Book Review(<https://drcarp.com/the-death-of-truth-book-review/>)

---

2 AMPK: How to Activate Your Body's Master Switch to Burn More Fat and Prolong Life(<https://drcarp.com/ampk-how-to-activate-your-bodys-master-switch-to-burn-more-fat-and-prolong-life/>)

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3 5 Ways to Improve Your Omega 3 and Omega 6 Balance(<https://drcarp.com/omega-3-and-omega-6-balance/>)

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4 Why a Stress-Free Life is Dangerous? Types of Stress & How to Manage Stress(<https://drcarp.com/stress/>)

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5 The Difference Between Prebiotics, Probiotics, and Postbiotics Plus Their Benefits(<https://drcarp.com/prebiotics-probiotics-and-postbiotics/>)

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## RECENT COMMENTS

**admin**(<http://www.drcarp.com>)

on 7 Critical Facts About Carbohydrates That You May Not

**1** Know(<https://drcarp.com/7-critical-facts-about-carbohydrates-that-you-may-not-know/#comment-3533>)

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Sigrid Haskell on 7 Critical Facts About Carbohydrates That You May Not

**2** Know(<https://drcarp.com/7-critical-facts-about-carbohydrates-that-you-may-not-know/#comment-3520>)

---

## MOST COMMENTED

**7 CRITICAL FACTS ABOUT 2 CARBOHY...**

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# Turning Point

Did you try all diets and failed ?

Are you frustrated with your weight? Are diets, meal plans, and workouts not working for you?

Achieve results with Dr. Rifai medically designed program that is customized to fit your health and your goals.

It is never too late! All it takes is one visit with Dr. Rifai and see the results!

Dr. Rifai will help you reach your weight goal.

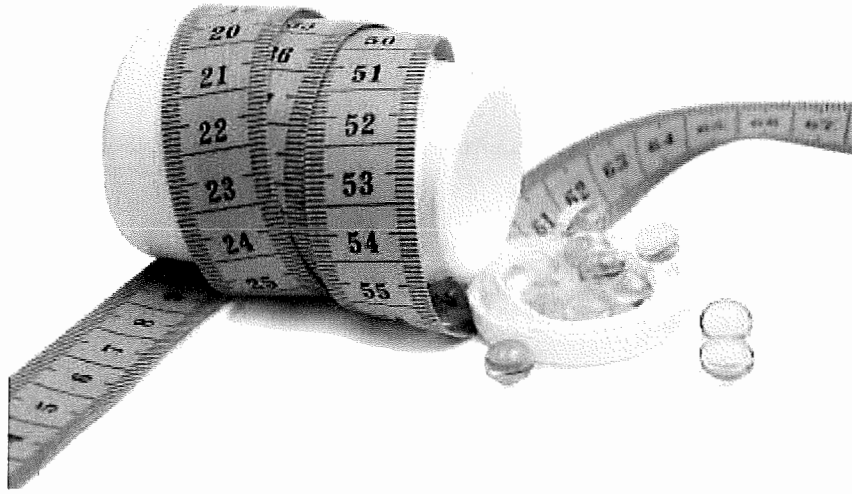


## Are you tired of trying?

Receive our Monthly Specials! Call us

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Receive our Monthly Specials! (<https://www.birminghamcosmeticsurgerycenter.com/join-our-egg-list/>)



**Schedule an appointment!**



<https://www.birminghamcosmeticsurgerycenter.com/join-our-egg-list/>

**Start Losing Weight Now!**  
**Don't wait till its too late!**  
**Start losing weight today!**

# What my patients say

## How Dr. Achira has changed lives! Hear from his patients

Fusce nec tellus sed augue semper porta mauris ipsum. Nulla metus metus, ullamcorper vel, tincidunt sed, euismod in, nibh.

**Calliope Grey**

Practising for 6 months

Fusce nec tellus sed augue semper porta mauris ipsum. Nulla metus metus, ullamcorper vel, tincidunt sed, euismod in, nibh.

**Hector Aldo**

Practising for 2 months

Fusce nec tellus sed augue semper porta mauris ipsum. Nulla metus metus, ullamcorper vel, tincidunt sed, euismod in, nibh.

**Silvia Cruz**

Practising for 4 months

Receive our Monthly Specials!  
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[text=Turning%20Point%20https%3A%2F%2Fwww.birminghamcosmeticsurgerycenter.com%2Fturning-point%2F](https://api.whatsapp.com/send?text=Turning%20Point%20https%3A%2F%2Fwww.birminghamcosmeticsurgerycenter.com%2Fturning-point%2F))

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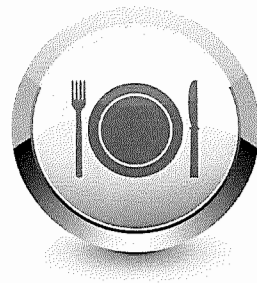
The information throughout this Detroit-area Cosmetic Surgery website is not intended to be taken as medical advice. The information provided by Birmingham Cosmetic Surgery is intended to provide general information regarding breast augmentation, tummy tucks, breast implants and more for residents of Detroit, Port Huron, Southfield, Jackson MI, Ann Arbor, Dundee, Brighton, Westland, Troy, Royal Oak, Dearborn, Sterling Heights and Birmingham, Michigan as well as Toledo, OH.

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# Genetics Based Diet and Exercise Programs



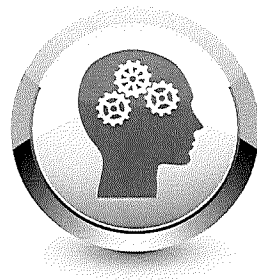
**Nutrition**



**Fitness**



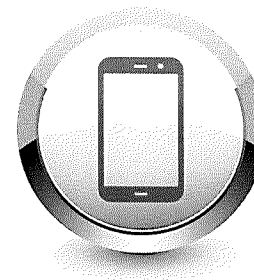
Individuals express great genetic variability in the way they process fats, carbohydrates and proteins. The proportion of these macronutrients in our daily diet plays a key role in maintaining healthy weight, optimal energy levels, and overall wellbeing.



## Behavior

Our eating behavior results from a complex interaction of factors including genetics, past experience, and the present environment. The tendency to develop and maintain healthy eating habits varies greatly from person to person and genetics plays an important role.

DNA plays a large role in determining the ideal intensity and duration of exercise needed to maintain optimal weight, energy levels, and overall health. GenoVive provides fitness recommendations based on an individual's genetic blueprint.



## GenoFlex

Our new GenoFlex apps allow you to build your own diet and fitness plan consistent with both your genetic profile and your personal preferences. Our cloud based tools allow you to track your progress from any device. GenoFlex apps will also integrate with popular nutrition and fitness devices such as Fitbit and the Aria scale.

Patented in the European Union, Mexico and Australia.

U.S. Patents Pending.

## Genetically Tailored Nutrition and Exercise

Nutrigenetics is the scientific study of how genetic variation affects response to nutrients. This knowledge can be applied to optimize health with the goal of offering people personalized nutrition based on their genetic makeup. Perhaps the best news of all is that people who are on the right diet for their metabolism will have more energy and feel better, whether they are working on losing weight or simply maintaining their current weight.

---

## Access The Power of DNA and Get Started with GenoVive

Email

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Medi-Weightloss® is **rewarding**.

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SEARCH BY CITY, STATE OR ZIP:

Enter a location

**6,040,343**

Pounds Lost

Many more to come

**94**

Locations Across USA

And Growing

**1730**

Recipes and Exercises

Available to our Members

Already a Patient? **Take our Patient Survey..**

Get Started

Be entered to win an iPad Mini!

“ I lost over 50 pounds and went from a size 22 to a size 6! The program was very easy to follow, and I liked that I was able to eat real food. I now love to go shopping and even do some modeling on the side. ”

Kathy -Andover, KS



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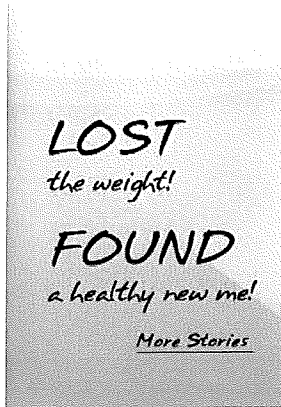
Medi-Weightloss® is a program of weekly follow up visits during the first phase of the program. Results may vary from patient to patient. Rapid weight loss may be associated with certain medical conditions and should only be considered by those who are medically appropriate.



# Weight Loss Center

Call Us: 844-406-LOSE (5673)

- About Us
- Obesity
- Weight Loss Options
- Our Patients
- S



## Gastric Sleeve

Sleeve Gastrectomy procedure involves removing the lateral 2/3rds of the stomach with a stapling device. It can be done laparoscopically (keyhole surgery) but is not reversible...

[Read More](#)

### Adjustable Gastric Banding

### Gastric Sleeve

### Gastric Bypass Surgery

### If Surgery is Not For You...



## Meet Our Doctors



**Bina, Said, M.D.**  
General Surgery, Bariatric Surgery

## Calculate BMI

Weight (lbs)

Height

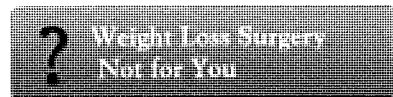
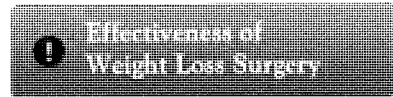
Ft.

In.

The BMI is

[Calculate](#)

[Click here](#) to find out more about BMI



## Patient Testimonials

"When I saw friends from high school I was self-conscious about my weight gain. Being overweight..."

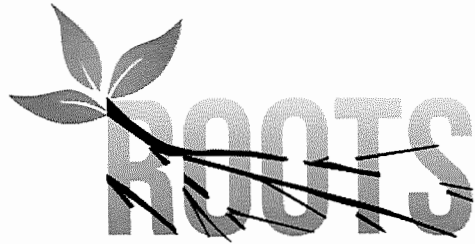
- Daniel  
[Read All](#)



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Our Doctors

Our Programs

Our Results

Blog

Locations

that other people can do. To them we say, "Believe!" We do. We help people reach their goal weight, look better, feel better, and do the things they want to do in life.

Calling Scottsdale Weight Loss Center for the first time is easier than you may think.



Martha's Journey



Danny &amp; Margaret's Story

Too often, making that first call, setting up that first appointment holds people back. Why let it hold you back? If you've been struggling to pick up the phone, please wait no longer. Let us answer your questions, share our experience. Help you decide the right next step.

You'll wonder why you waited so long!

Doctor supervised

•

Support & guidance you need

•

Weight loss medication options

•

Affordable

•

Flexible scheduling

•

No contracts

# Call now (480) 418-3018

## Weight loss programs that drive results

---

Only personalized weight loss programs prescribed just for you can achieve lasting results. With so many one-size-fits-all options available that don't work or don't last, it's easy to get discouraged.

You've probably already tried some of them.

Well all that's over. We're glad you're here.



### Personalized Programs

When you let Scottsdale Weight Loss know your goals, your dreams, and we discover your current state of health, we will put together a weight loss plan—a wellness plan—that is yours and yours alone. Ready to discover your personalized plan?



### Medically Based

This isn't just a medically supervised program.

This is a true medical program. Even though you'll meet with your doctor regularly you won't feel like you're at a doctor's office. Ready to see for yourself?



### Your Lifestyle Matters

Success can only happen if your weight loss program fits with your life. That's why you'll decide between full meal replacement, partial meal replacement or lean and green program, options. Then we guide you through those occasions like holidays, vacations, etc. when staying on track can be difficult.



## Medications to Help

Weight loss medications are safe and effective tools we can use. We may recommend one depending on your needs. The choice is completely yours.



## Education and More

You'll learn how to lose weight, maintain your success and handle those inevitable bumps in the road. You'll learn how to be healthy! Your weekly appointments are far more than medical check-ups. Think of them as check-ins. Our patients share how they are doing in mind, body and spirit. That's perfect! That's what success takes.

Call now (480) 418-3018

Meet Our Weight Loss Doctors

---



Craig Primack, MD, FACP

Scottsdale Office



Robert Ziltzer, MD, FACP

Scottsdale Office



Paul Sarmiento, MD

Glendale Office



Melody Rodarte, DO, FACP

Chandler Office



John de Guzman, MD

Phoenix Office

Learn More

Call now (480) 418-3018  
Request a free consultation

First Name

Last Name

Email

Phone

Best day and time for your consultation

Submit

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Arizona 85258  
Ph: 480.366.4400

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Bldg D, #33  
Chandler, AZ 85224  
Ph: 480.265.9099

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**Glendale Office**

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Glendale, AZ 85308  
Ph: 623.776.0110

Class Schedule




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At Scottsdale Weight Loss Center, we provide medical weight loss programs to residents of Arizona, including Phoenix, Glendale, Chandler and Scottsdale.

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 Community Outreach

 Client Login

**How it Works**

**Why it Works**

**Success Stories**

**Find a Location**

START TODAY

Improving  
Transform



JOIN TODAY

---

## When you begin the 30/10 program, it marks the beginning of an empowering relationship.

The 30/10 Weight Loss for Life program is comprehensive and simple. We stand together to make sure you aren't just changing what you eat, but how you think and feel about food.

The 30/10 Weight Loss for Life program is comprehensive and simple. We stand together to make sure you aren't just changing what you eat, but how you think and feel about food.

Each week you will be able to watch as your body transforms, whether it's by gaining muscle, burning fat, making behavioral breakthroughs, or all of the above.

We provide our clients with great-tasting nutritional food products to help make the process of slimming down easier.

Our plan is easy to follow and nutritionally sound –while on our program your body will be getting all of the nutrients you need in order to burn fat, keep muscle, and feel great.

We will never abandon you. Once you reach your ideal body composition you will receive complimentary accountability weigh-ins and an individualized maintenance plan.

And when you are on maintenance, you can continue to come in, talk to your favorite coaches, and watch you sustain your healthy body composition on our medical-grade body composition test.



## In the Media

What are people really saying about 30/10 Weight Loss for Life? Find out by seeing some of our great celebrity clients transform their lives and their health using 30/10.

---

Meet Fitz, from 100.7 The Wolf.

---

## Weight Loss for Life

The 30/10 Weight Loss for Life protocol takes an integrative approach to you slimming down with the goal and objective for you to achieve your 30/10 defined healthy and ideal weight.

\* Disclaimer: Results may vary from person to person.

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## Sarasota Weight Loss

**Biotek Weight Loss center has been helping people lose weight and keep it off successfully in Sarasota for 14 years!**



**Weight Loss That Works!\***

Increase your metabolism today with our advanced metabolic services\*\*

**Megan Lost 75 Pounds!**

**WEIGHTLOSS**

**Wayne Lost 140 Pounds!**

**Lose UP TO 30lbs. In 30 Days!\***

**Before**

**Before**

Results vary by individuals\*

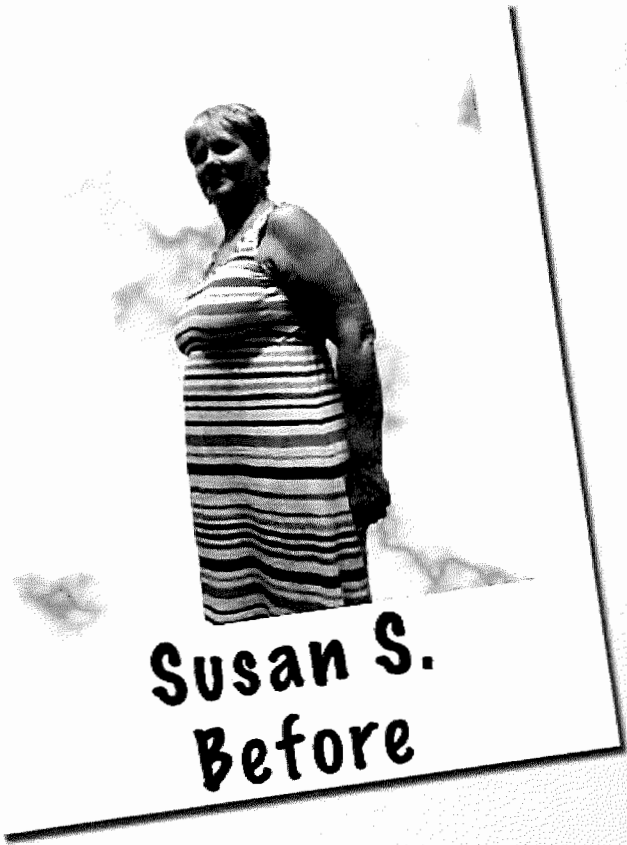


**Tired of fad diets and gimmicks? Tired of extreme low calorie diets that are impossible to stick to? Just to regain the weight back, (plus more!).**

**Now you can Lose weight safely and naturally!**

If you can not exercise, or just do not want to exercise - Biotek® weight loss can help. We have specialty services for non exercise thermogenesis programs. With the latest in technology, products and services to change and repair your metabolism! \*\*

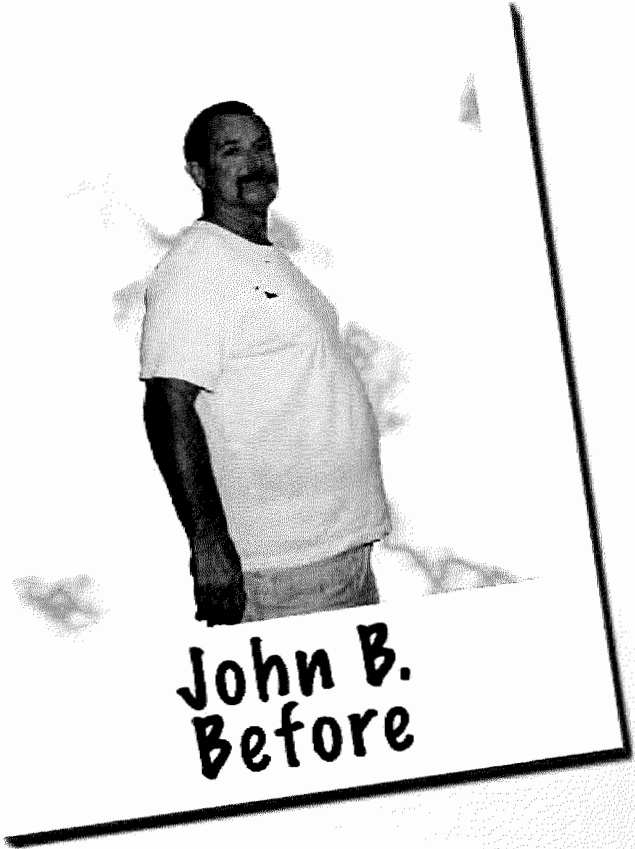
# Susan S. Lost 30 Pounds!



## **Fast and Safe Weight Loss!\***

Biotek® Center for Weight Loss succeeds because it solves the reasons diets and other programs fail. Biotek® center for weight loss provides only weight loss services, it is not just one of the services offered, it is the only service offered.\*

**John B.  
Lost 70 Pounds!**

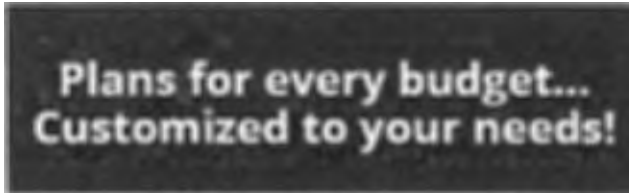


**Lose up to 3x The Weight At Biotek® vs. Online Weight Loss Programs!\***

# Tania Lost 30 Pounds!



**Schedule for your free no obligation metabolic test and evaluation** and see what your lean mass, fat mass and metabolic rate are!\*\*



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For **Bradenton weight loss center call 941-359-0500**

For **Weight Loss In Venice call 941-485-8900**

or [click today to schedule your consultation](#) and "find your weigh to long term success"\*

*\*Not all results are the same and some are not typical \*\*Metabolic rates will vary by individual \*\*\*cc plan*

Free Consultation! Sign up below.

*Includes Free Metabolic Test and Evaluation, No Obligation.*

**Name: \***

**Email: \***

**Phone: \***

**Calling Time:**

**Weight Loss Goal:**

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**Which Location?**

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## Do You Have Dangerous Visceral Fat?



- Visceral Fat is located in the abdomen underneath the muscle and around vital organs.
- Having excess Visceral Fat of 5 pounds and up in women and men greatly increases one's chance of having diabetes and heart disease.
- Visceral Fat causes impairments in blood sugar metabolism and causes insulin resistance, which can lead to type 2 Diabetes.
- Visceral Fat is broken down by the liver to create LDL. LDL is commonly referred to as "bad" cholesterol. This cholesterol builds up as plaque in the arteries, constricting flow of blood.

## **Health Effects of Visceral Fat**

**Call Now For Your Free Visceral Fat Test and Metabolic Evaluation—No Obligation**

### **Dr. Paula Hall — Biotek® Center for Weight Loss**

Dr. Paula Hall graduated from Nova Southeastern college of Osteopathic medicine in 1994 and completed internship at Pinellas Community Hospital, St. Petersburg, FL, and residency in Family practice at Metropolitan Hospital in Des Moines, IA. Dr. Hall has extensive experience in weight loss and is presently in a Functional Medicine Fellowship which involves extensive training in nutrition. Dr. Hall has reviewed the nutritional and modalities components of Biotek weight loss and is available to Biotek center staff for questions regarding nutrition and health issues related to diet and weight loss.

Recommended by Southwest Florida's best physicians. Biotek® Center for Weight Loss provides the finest weight loss programs and services available by any weight loss center.

Biotek® offers a **Free Consultation** and metabolic test / evaluation with no obligation!

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~ Journal of National Cancer Institute**

**"Physical Therapy is not limited to evaluating and treating a patient's rehabilitation needs. Physical Therapy must be committed to addressing the patient's whole body in an effort to optimize their function, health and fitness so they may have the opportunity to experience the greatest quality of life." – Jeff Gilliam PT, PhD, OCS**

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September 27, 2017

Lessons from the Biggest Loser...Holding on to the Lean Body Mass is Critical to Reduce the Suppression of the Resting Metabolic Rate  
August 27, 2017

Why Do We Gain Back the Weight We Worked so Hard to Lose? Lessons from the Biggest Loser  
August 4, 2017

Diet and Inflammation  
July 24, 2017

The Obesity Epidemic and Physical Therapy Practice  
July 20, 2017

Encouraging Your Patient to make a Healthy Lifestyle Change  
July 13, 2017





ESTTA Tracking number: **ESTTA783198**

Filing date: **11/16/2016**

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

Proceeding	91209107
Party	Defendant Yoga Smoga, Inc.
Correspondence Address	JOHN L WELCH WOLF GREENFIELD & SACKS PC 600 ATLANTIC AVENUE BOSTON, MA 02210-2206 UNITED STATES drwtrademarks@wolfgreenfield.com, Doug.Wolf@wolfgreenfield.com, jlwtrade- marks@wolfgreenfield.com
Submission	Defendant's Notice of Reliance
Filer's Name	John L. Welch
Filer's e-mail	drwtrademarks@wolfgreenfield.com, Doug.Wolf@wolfgreenfield.com, jlwtrade- marks@wolfgreenfield.com
Signature	/johnlwelch/
Date	11/16/2016
Attachments	Y0106.50000US00 Fourth Notice of Reliance Part 1 of 8.pdf(5100933 bytes )

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

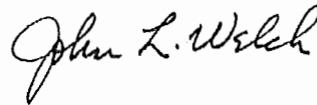
_____	)	
GUESS? IP HOLDER L.P.,	)	
	)	
Opposer,	)	
v.	)	Opposition No.
	)	91209107
YOGA SMOGA, INC.,	)	
	)	
Applicant.	)	
_____	)	

APPLICANT'S FOURTH NOTICE OF RELIANCE

PLEASE TAKE NOTICE that, pursuant to Rule 2.122 of the Trademark Rules of Practice, Applicant YOGA SMOGA, INC. hereby makes of record and will rely on the following documents, copies of which are attached hereto.

4. A collection of printouts of third-party web pages displaying inverted triangle marks and/or designs, for clothing items. These documents are relevant to the issue of the market strength of Opposer/Petitioner's pleaded marks, and to the issue of the similarity of the parties' respective marks. [self-authenticating pursuant to *Safer Inc. v. OMS Investments, Inc.*, 94 USPQ2d 1031 (TTAB 2010)] .

YOGA SMOGA, INC.

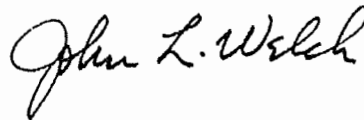


\_\_\_\_\_  
John L. Welch  
Wolf Greenfield & Sack, P.C.  
600 Atlantic Avenue  
Boston, MA 02210  
617-646-8000  
jlwtrademarks@wolfgreenfield.com

CERTIFICATE OF SERVICE

I hereby certify that the foregoing document was served upon Opposer this 16<sup>th</sup> day of November, 2016, by mailing a copy thereof via first-class mail, postage pre-paid, to:

GARY J NELSON, ESQ.  
Lewis Roca Rothgerber Christie LLP  
655 North Central Avenue, Suite 2300  
Glendale, CA 91203-1445



---

John L. Welch





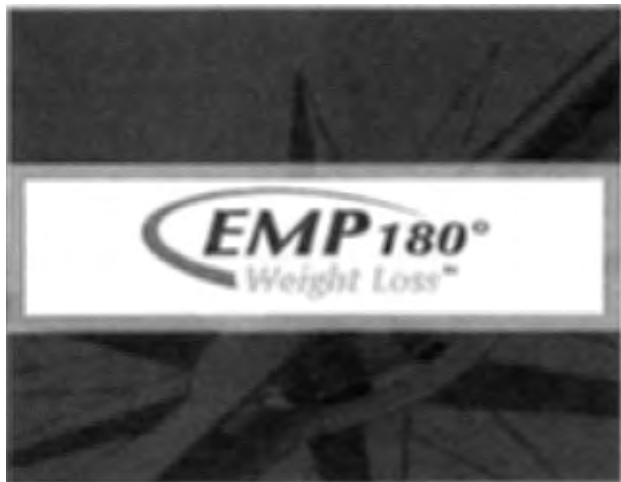
Call Us

Home About Us Services New Clients Our Program Remote EMP 180° Blog Testimonials Contact



"I've lost an astounding 91 pounds in 4 months. Highly recommend." ★★★★★ GORDO B. FACEBOOK

\*Presented results are not possible for every individual. Weight loss results may vary.



### EMP 180° Weight Loss™

Weight Loss Specialist located in Vienna, VA, Woodbridge, VA & Rockville, MD

EMP 180° Weight Loss™ is the be all and end all solution to losing weight for good. Slimming down in Vienna and Woodbridge, Virginia and Rockville, Maryland has never been more attainable. Learn how food can be used as a fuel to shed unwanted pounds, and find the right exercise program to fit your busy lifestyle.

Work with the EMPowering specialists at EMP 180° Weight Loss™ to create a customized plan that gets you to your weight loss goals. You'll receive coaching on meal preparations, choosing the right foods, dining out, when

and how often you should eat and how to avoid

[Read more](#)

## Attention clients: We've opened a new location in Alexandria, VA.

Our contact information for this new location is the following:

6208 Little River Turnpike

Alexandria, VA 22312

phone: 855-888-0180

fax: 703-992-8001

email: [alexandriaclientcare@emp180.com](mailto:alexandriaclientcare@emp180.com)

To learn more, please visit: <https://www.emp180weightlossgroup.com/>. Thank you!

### WHAT WE OFFER

## Services

<p>Weight Loss <a href="#">more info</a></p>	<p>Weight Loss Programs <a href="#">more info</a></p>	<p>Nutritional Coaching <a href="#">more info</a></p>	<p>Diet <a href="#">more info</a></p>
<p>Weight Loss Center <a href="#">more info</a></p>	<p>Weight Loss Clinic <a href="#">more info</a></p>	<p>Weight Loss Plans <a href="#">more info</a></p>	<p>Wellness Coach <a href="#">more info</a></p>

**Experience for yourself what everyone's talking about**  
Easy to follow, amazing results, unique program personalized to meet your needs.

HEALTH BENEFITS

The EMP 180<sup>o</sup> Solution will  
EMPower you to change  
your health forever.



**EMP 180<sup>o</sup> is based on the most recent in weight loss sciences and it  
is designed with complete honesty and precision.**



**NEW CLIENT  
REFERRAL  
PROGRAM**

Thank you for telling your friends about the EMP 180 Weight Loss Program! To show our appreciation, we will reward you with a \$100 VISA gift card and 1 FREE week for each referral who signs up for the program.

Call, email, or visit one of our locations for details!

# Please view our newsletter

[READ OUR NEWSLETTER](#)

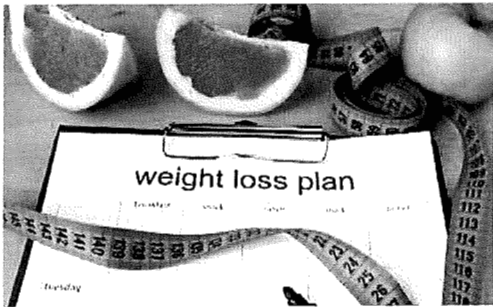


We EMPOWER our clients to change  
their health and lives forever!

WE EMPOWER OUR CLIENTS

## Weekly individual Personal Coaching

Our clients meet weekly with an EMP 180™ coach for their personalized nutritional and Inner diet coaching, also to select delicious and nutritional meals.



### Why Customized Weight Loss Plans Are More Successful

Had it with one-size-fits-all weight loss plans? Learn how a personalized program can help you shed weight, reach your goals, and maintain your results for the long term.



### The Important Role Of A Wellness Coach During Your Weight Loss Journey

If you've tried unsuccessfully to lose weight, you may be missing a vital component. When it comes to shedding pounds and reaching your health goals, aligning with a wellness coach can make all the difference in your success.



### 10 Reasons Beyond Appearance Maintain A Healthy Weight

With busy lives that have us shuffling between home, school, and family obligations, weight maintenance may fall low on the totem pole. Carrying extra pounds affects much more than your appearance.

## TESTIMONIALS

### Words from our clients



y

< "I whole heartedly can say this is the best weight loss program that I have ever done and it has been life changing for me. The coaches are fantastic." >

NICK R.

"Bey  
an  
over

OUR LOCATIONS

Choose your preferred location



8397 Leesburg Pike, Vienna, VA 22182

1776 East Jefferson Street Suite 117, Rockville, MD 20852

13311 Worth Avenue, Woodbridge, VA 22192

☎ 855-888-0180

☎ 855-888-0180

☎ 855-888-0180

[Privacy Policy](#) [Terms & Conditions](#) [Contact Us](#)

**EMP 180 Weight Loss, Vienna, VA**

Phone (appointments): 855-888-0180 | Phone (general inquiries): 855-888-0180

Address: 8397 Leesburg Pike, Vienna, VA 22182

**EMP 180 Weight Loss, Rockville, MD**

Phone (appointments): 855-888-0180 | Phone (general inquiries): 855-888-0180

Address: 1776 East Jefferson Street, Suite 117, Rockville, MD 20852

**EMP 180 Weight Loss, Woodbridge, VA**

Phone (appointments): 855-888-0180 | Phone (general inquiries): 855-888-0180

Address: 13311 Worth Avenue, Woodbridge, VA 22192

4.81 <sup>5</sup> ★★★★★



**Express  
Weight  
Loss  
Clinic**



**Tyler Office**  
4293 Kinsey Dr.  
Tyler, TX 75703



**Plano Office**  
230 W. Parker Rd.  
Plano, TX 75705



Schedule an E-Visit

Tyler: (903) 592-5670  
Plano: (469)-786-1751



**ESPAÑOL**

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**Custom  
Weight Loss  
Treatment Programs**

**Low-Cost  
Comprehensive  
Non-Surgical  
Solutions**

**Tele-Medicine**  
Secured E-visits through  
an online teleconference  
system available on your  
smart device or video-  
enabled computer.

# ABOUT US

Express Weight Loss Clinic is a locally owned and operated weight-loss clinic providing low-cost, comprehensive non-surgical medical weight loss solutions. Our walk-in or telemedicine clinic is here to provide patients with cutting edge monthly weight-loss prescriptions and thyroid treatments.

Express Weight Loss recognizes the difficulties in obtaining affordable medical care for the ever-growing trend of obesity in America. Due to this, we happily

To be considered as a qualifying candidate for our services and to obtain an appetite suppressant prescription our patients must have a Body Mass Index or BMI of 22 or higher.

BMI helps determines one's optimal weight based on height. This number can inform our clinicians if a patient is underweight, healthy weight or overweight. If you are unsure of their BMI our licensed clinicians can help assist with calculating this number, or use our [BMI Calculator](#).

provide low-cost professional counseling to our patients on proper eating habits and simple lifestyle changes that are easily manageable and viable for long-term success.

In addition to our counseling, we prescribe FDA-Approved prescription medication(s) that greatly aid in weight-loss goals by suppressing the appetite. With a suppressed appetite, one can manage throughout the day without experiencing those pesky hunger cravings, sweet-tooth desires, or the tendency to over-eat during meals.

Express Weight Loss Clinic offers affordable options to help overcome the many obstacles presented by obesity.

Discounted injection bundle pricing is available.

Please note that Express Weight Loss Clinic does not provide the FDA, NON-APPROVED HCG Injections.

#### BMI RANGE:

- Underweight: BMI is less than 18.5
- Healthy Weight: BMI is 18.5-24.9
- Overweight: BMI is 25-29.9
- Obese: BMI is 30 or more

Schedule an E-Visit

Patients with a BMI of 21.9 and lower will NOT be eligible for an appetite suppressant prescription from our clinic.

Patients with a BMI between 22 and 24.9 may or may not be eligible for an appetite suppressant prescription. Patients within this BMI range have to be assessed by our clinician to determine if any weight loss treatment that includes appetite suppressants are appropriate.

Patients with a BMI of 25 or above are eligible for appetite suppressant prescriptions, so long as the patient does not have any contraindications to the use of appetite suppressants. Our clinician will determine if any contraindications exist for each patient. Patients are individually evaluated for the determination of the appropriate oral prescription medications, injections, supplements and lifestyle changes indicated for weight loss.

# OUR SERVICES

## The Patient Experience

Upon entering the clinic and completing a brief medical history information sheet, patients will visit with one of our highly qualified licensed clinicians. Our clinician will discuss the options available for treatment and provide a prescription if necessary. All prescriptions will be filled at the patients' pharmacy of choice. It's that easy!

For quicker service, feel free to fill out the medical history form prior to your arrival at the clinic.

Express Solutions offers some degree of information regarding weight loss. Our weight loss options are limited to administering injections, prescribing medication and brief counseling on lifestyle changes. [Click here for more information and forms](#)

Losing weight and keeping it off can lessen the many health risks that come with obesity, including heart disease, diabetes, high blood pressure, and a shorter life span.

Listed below are the types of medications prescribed to patients for weight-loss and appetite suppressant.

### Qsymia

(or near equivalent generic phentermine combined with topiramate)

This medication is approved for long term use for weight loss. Patients with kidney disease are not to take this medicine. Also, all restrictions against phentermine usage apply to this medication as well.





Years in Business

Happy Clients

Team Members



# HAPPY CLIENTS

”

Absolutely love this place! Always have but even more so now that I had my first e-visit today because I was unable to make it in for an appointment! They go over and beyond for their patients in every way possible! I've never been more impressed with a business before! I had a problem and they had a very easy solution! Thank you guys so much! Y'all are the best!

Ariel Slaughter



”

“Great Weight Program!”

-Sadie Gutierrez

# CONTACT US

We offer online E-Visits and accept walk-in patients at our clinics.

[Whats an E-Visit?](#)

New Extended Hours:

Monday - Saturday 8 am - 5 pm

\*Check-in starts at 7:30 am

Locations Currently Open

Express Weight Loss Clinic of Tyler

903-592-5670  
4293 Kinsey Drive  
Tyler, TX 75703

Express Weight Loss Clinic of Plano

469-786-1751  
230 W Parker Rd, Ste 100  
Plano, TX 75075

Schedule an E-Visit

Name \*

Email \*

Subject

Message

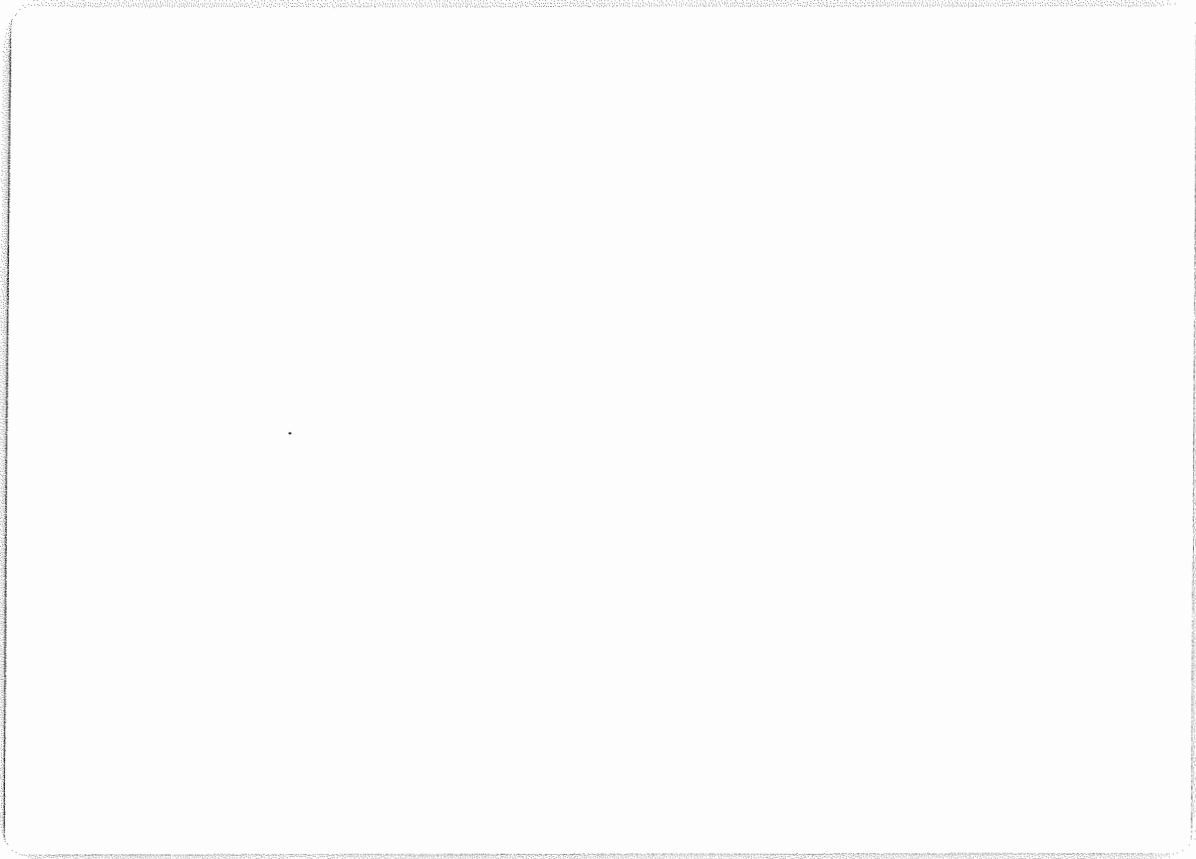
Send

© 2018 Express Weight Loss Clinic



Whether patients are seen in one of our physical clinic locations in Texas, or online via E-Visit from ARKANSAS, NEW HAMPSHIRE, KENTUCKY, INDIANA, MAINE, MARYLAND, MICHIGAN, MINNESOTA, MONTANA, RHODE ISLAND, TEXAS, WASHINGTON, OR WYOMING, all prescriptions sent from any entity of Express Health Systems will be electronically (E-Scribed) sent to the patient's pharmacy of choice.\* Express Health Systems does not have any financial association with any pharmacy, nor does Express Health Systems endorse any particular pharmacy.

## Welcome to Elite Weight Loss





**Elite Weight Loss Dietary Supplements-The Best Appetite Suppressants and Fat burners**

Save on Curve Bee Pollen Buy 2 save \$20, Buy 2 save \$45! No coupon required.

**TAKE  
OUR  
90-DAY  
CHALLENGE**



**LOSE  
WEIGHT  
&  
MAKE  
MONEY**



**CHANGE YOUR LIFE  
WITH**



**ELITE WEIGHT LOSS**

**EARN  
REWARDS**



*Astonished!*  
**BUY 3 GET 1 FREE**



**Order Now**



*Ignite*

NOT YOUR TYPICAL FAT BURNER

Click To Torch Fat

NOT SURE WHERE TO BEGIN?

EVERY PRODUCT WORKS DIFFERENTLY  
TO TARGET DIFFERENT ISSUES



*Brand New Formula!*

SKINNY BEE  
**GOLD**

Order Now



**ELITE BOOST**  
DETOXIFY & CLEANSE

Start by ridding your system of toxins & cleanse your digestive track

**ELITE BOOST**



**SKINNY ELITE**

**ENERGY & WEIGHT LOSS**

Curbs appetite and cravings while providing you clean and pure energy

**SKINNY ELITE**



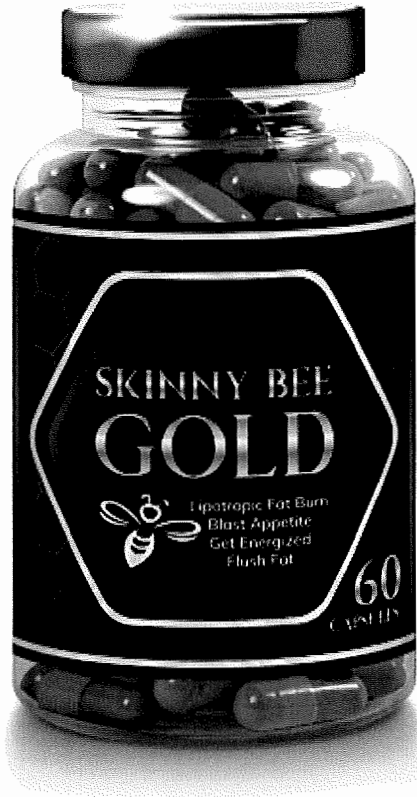
**CURVE BEE POLLEN**

**MANAGE STRESS  
& BURN FAT**

Improve your mood, target deep fat stores and cut appetite

**CURVE BEE POLLEN**

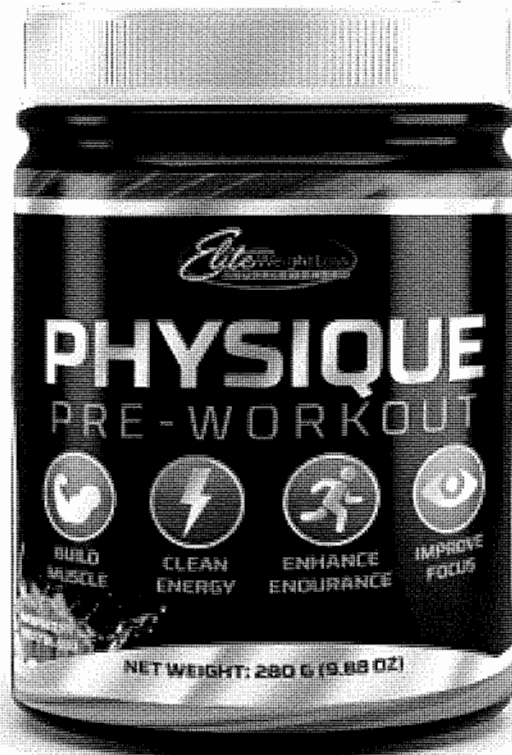




**SKINNY BEE GOLD**  
LIPOTROPIC  
FAT BURN

The gold standard in natural herbal supplements for energy and fat burn

**SKINNY BEE GOLD**

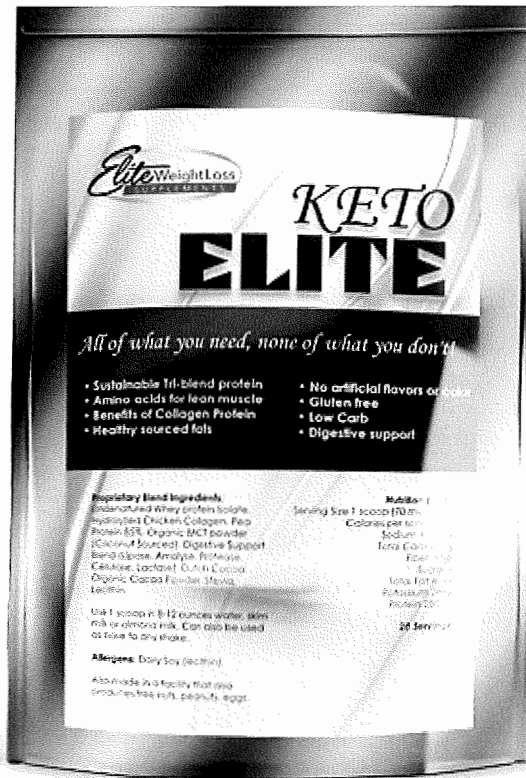


**PHYSIQUE**

PRE WORKOUT SUPPLEMENT

Build lean muscle, improve focus, and enhance athletic performance

PHYSIQUE PRE WORKOUT



**KETO ELITE**  
**TRIBLEND PROTEIN**

Nutritious TriBlend Protein mix when following the Keto diet



**KETO ELITE**

**ELITE SHREDS MAX**  
**POWERFUL**  
**FAT LOSS**

This is a stronger fat burner that improves mood, focus, and your workout results

**ELITE SHREDS MAX**





**ASTONISHED!**  
HAIR, SKIN,  
& NAILS

All natural total face, skin, hair, and nails restoration formula

ASTONISHED!



**SKINNY BEE XTREME**  
XTREME  
FAT CATALYST

Loss unwanted pounds and inches, break plateaus and destroy fat cells



SKINNY BEE XTREME

**IGNITE FAT BURNER**  
BURNS &  
BLOCKS NEW FAT

A fat catalyst that forces your body to tap into stored fat cells to use an  
energy

IGNITE FAT BURNER



**SKINNY BEE PLATINUM****CONTROL &  
BOOST**

Appetite control, energy, detox, metabolism boost, thermogenics, fat elimination.

SKINNY BEE PLATINUM

**SIZZLE ME SKINNY****EAT LESS  
& FEEL FULL**

High-end slimming fibers as well as probiotics and digestive enzymes.

SIZZLE ME SKINNY

At Elite Weight Loss, we believe in focusing on the entire weight loss issue; appetite control, energy, mood, slow metabolism, fat burning, thermogenic properties, poor bowel habits, overall health, age, health issues, poor food choices. Let us customize your selection to get you the best weight loss results. Elite Weight Loss also carries the best bee pollen weight loss supplements for rapid weight loss. Bee Extremely Amazed LLC with Elite Weight Loss diet supplements-Sizzle Me Skinny, Skinny Elite, Curve Bee Pollen, Skinny Bee Platinum, Skinny Bee Gold, Skinny Bee Xtreme, Elite Shreds Max, Physique Pre Workout, along with BOOST and Ignite are our own brand, distributed by us and our authorized distributors. New Astonished for skin, hair, and nails available.

Elite Weight Loss dietary supplements are ALL USA made, GMP products. They are the best appetite suppressants on the market.

Our fat burners are first class formulas you won't find elsewhere. Elite Weight Loss Bee Pollen and non bee pollen based dietary supplements are designed by us with YOU in mind. Exceed your expectations and get the body you desire with Skinny Elite, Curve Bee Pollen, Sizzle Me Skinny, Skinny Bee Platinum, Ignite thermogenic, Elite Boost, and Astonished!

We are committed to bringing you the Hottest and Safest weight loss and skin care product on the market that provide real results for real people.

Each of our products contains a unique set of ingredients, varying in strengths.

- We also offer Boost detox and cleanse to remove the fat buildup as well as a non-stimulant fat burner Ignite drink mix. These are caffeine free.
- You should expect your product to provide you with the basics; Detox, Suppressed Appetite and Cravings, increase calorie burn and fat loss, as well as gaining Energy, improving overall well-being.
- We are all different, so are our bodies. You didn't gain weight overnight, you won't lose it overnight!

It can be overwhelming trying to decide where to start and we are here to help you choose. See our comparison page in the products shop tab Read our Elite Weight Loss product guide for details or feel free to send us a message via our contact page.

#### WHAT WE NEED YOU TO DO:

- DRINK YOUR WATER (1/2 your body weight in ounces minimum !)
- TAKE SUPPLEMENT PER BOTTLE
- GET SOME ACTIVITY IN 3 TIMES A WEEK
- GIVE IT A CHANCE TO WORK! FINISH YOUR BOTTLE AS INSTRUCTED

For more information on your order and to obtain your order's USPS tracking number, please login to your customer account and see order history.

To edit your cart prior to checkout, please click cart in the tab to edit if needed.

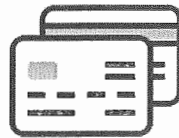
Thanks for visiting us and giving us a chance to serve you here at Elite Weight Loss.



Free USPS Shipping



Check Out With PayPal



All Major Credit/Debit Cards Accepted



Secure Online Shopping

- Elite Weight Loss Company
- Join The Elite Weight Loss Affiliate Program
- Wholesale Distributor Elite Weight Loss Products
- Contact Elite Weight Loss

### Your Weight Loss Journey

- Earn A FREE Bottle
- Take The 90-Day Challenge
- My Weight Tracker
- Earn Rewards With Elite Weight Loss
- Elite Weight Loss Blog

**Username**

**Password**

Remember Me





[Refund & Shipping Policy](#)   [Privacy Policy](#)   [Terms and Conditions](#)



**© 2018 Elite Weight Loss Supplements®**  
**Custom Development by Flawless Website Design**



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[MY ACCOUNT \(HTTPS://WWW.MARCELAFREEMAN.COM/MY-ACCOUNT/\)](https://www.marcelafreeman.com/my-account/)

# KICKSTART YOUR FITNESS JOURNEY

Marcela's 21 Day Kickstart is designed to help you commit to a more fit, healthier and happier lifestyle.



**LEARN MORE**

[HTTPS://WWW.MARCELAFREEMAN.COM/21-DAY-KICKSTART/](https://www.marcelafreeman.com/21-day-kickstart/)

AS SEEN ON:



## GET STARTED HERE

### NUTRITION



Easy and tasty meals that will leave you feeling and looking great.

### FITNESS



Look amazing using these efficient workout programs for your home or the gym.

### MINDSET



Simple tips for a better happier you.

### COMMUNITY



Fall in love with our community from all walks of life. Join our journey today!

8/31/2018

LET'S GO! (MEAL-PLANS)

I'M READY! (PROGRAMS)

SHOW ME! (RESET-STRATEGIES)

I'M IN! (HTTPS://WWW.FACEBOOK.COM/GROU...)

# MEET MARCELA

- IFBB Bikini Pro
- Certified Trainer
- Transformational Coach
- Burn It In 30 Creator and Founder
- Professional Certified Life-Coach

I am here to provide you a foundation to live a healthy and active lifestyle to simply love the person you see in the mirror.



LEARN MORE (MY-STORY)

# MARCELA'S SEVEN DAY DETOX

EAT REAL FOOD FREE WORKOUTS MOTIVATION

## RESET YOUR BODY TO ITS NATURAL BEST

This free detox guide is for you if you want to:

- Jumpstart your weightloss journey.
- Lose the last few pounds after hitting a plateau.
- Rev up your metabolism.
- Boost your energy.

First Name

Email

DOWNLOAD THE PDF



”

*BII30 is the best program out there! When I started the program I just wanted to lose weight (and I did- 12 lbs in the first months!) but BII30 is about so much more than just weight loss. I found a community of women that provide positive support and accountability. With Marcela's guidance, I've learned to focus on maintaining a healthy lifestyle- mind, body and soul.*

**Courtney**



## BURN IT IN 30 WEIGHT LOSS PROGRAM

The Burn It In 30 program was created to help you lose weight, achieve the body of your dreams and most importantly help you build a foundation to live a healthy and happy life.

Are you ready to:

- Take control of your weight and your life once and for all?
- Lose body fat and tone your body?
- Feel confident and secure in your own skin?
- Belong to a community of strong and sexy individuals that are looking to achieve a healthy and positive lifestyle?

**LET'S GET STARTED! ([/BURNITIN30/](#))**

[VIP PROGRAM \(/PROGRAMS/VIP-PROGRAM/VIP-APPLICATION/\)](#)

[Start 7 Day Detox \(http://marcelafreeman.com/detox\)](#)

[21 DAY KICKSTART \(/21-DAY-KICKSTART/\)](#)

[SEVEN DAY DETOX \(/PROGRAMS/SEVEN-DAY-DETOX/\)](#)

## CONNECT WITH US

[FACEBOOK \(HTTPS://WWW.FACEBOOK.COM/MARCELAFITNESS\)](https://www.facebook.com/marcelafitness)

[INSTAGRAM \(HTTPS://WWW.INSTAGRAM.COM/MARCELAFREEMAN/\)](https://www.instagram.com/marcelafreeman/)

[Marcela Freeman \(https://www.marcelafreeman.com\)](https://www.marcelafreeman.com)

☰ x

x

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- [Programs \(https://www.marcelafreeman.com/programs/\)](https://www.marcelafreeman.com/programs/)
- [Meal Plans \(https://www.marcelafreeman.com/meal-plans/\)](https://www.marcelafreeman.com/meal-plans/)
- [Recipes \(https://www.marcelafreeman.com/category/recipes/\)](https://www.marcelafreeman.com/category/recipes/)
- [My Story \(https://www.marcelafreeman.com/my-story/\)](https://www.marcelafreeman.com/my-story/)
- [Contact \(https://www.marcelafreeman.com/contact/\)](https://www.marcelafreeman.com/contact/)
- [My Account \(https://www.marcelafreeman.com/my-account/\)](https://www.marcelafreeman.com/my-account/)



# SHAPE & SKIN

MEDICAL SPA + WEIGHT LOSS

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## "Look & Feel Fabulous at Any Age!"

SHAPE & SKIN Medical Spa and Weight Loss Clinic at Huntington Beach strives to deliver the best customer service in a relaxed and calming environment. Our clinical staff members are licensed health care professionals who have developed expertise and specialization in Aesthetic Medicine.

We specialize in non-invasive Medical Aesthetic procedures, Weight Management, Skin & Anti-Aging treatments. Your safety, health, and results are our TOP priority. Our goal is to make you "Look & Feel Fabulous at Any Age!"

FREE CONSULTATIONS

## AMAZING SHAPE

Tired of being out of shape? Our team will spend time with you to define and meet your weight management goals. We would love to help you lose weight effectively and safely.

MEDICAL WEIGHT LOSS

FDA APPROVED MEDICATIONS

THE DIET SHOT

HCG THERAPY

—————

# BEAUTIFUL SKIN

Get the SKIN that you have always wanted with one of our SKIN treatments. Get a FREE consultation anytime and find out what will work best for you!

INJECTABLES & FILLERS

CHEMICAL PEELS

MICRO-NEEDLING

AND MORE...

# BEFORE AND AFTER

The results speak for themselves.



VIEW MORE PHOTOS

Let's get started!  
Please fill out the form to  
request a FREE Consultation.

Name \*

Email \*

Phone

Best time to call

I am Interested in....

Submit

## Get A \$10 SHAPE & SKIN Certificate!

Join our mailing list & receive a \$10 certificate for your next visit.

Name

Phone  Phone Number

Email

Submit Now

### SERVICES

- MEDICAL WEIGHT LOSS
- FDA APPROVED MEDICATIONS
- THE DIET SHOT
- NUTRITIONAL COUNSELING
- FILLERS & INJECTABLES
- CHEMICAL PEELS
- MICRO-NEEDLING
- HCG THERAPY

### INFORMATION

- ABOUT
- BEFORE & AFTER
- OUR LOCATION
- PRODUCTS
- SPECIALS & EVENTS
- FAQ
- CONTACT

### WITH US

[See Map for Directions](#)

**#ShapeandSkin**



© 2018 SHAPE & SKIN Medical Spa & Weight Loss. All rights reserved.  
 A RedKlovers Design



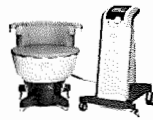
## "Welcome to Weight Loss & Vitality"

*"Health is Wealth - Invest"*

- ✓ Unique & Personalized Medical Experience
- ✓ Achieving Optimal Health and Wellness
- ✓ Integrative Functional Medicine Focus
- ✓ Spend more time with your health care provider and less time in the waiting room

"New" Regain Bladder Control

[click here](#)



## HOME

At Weight Loss & Vitality Center our staff works to understand the characteristics and nature of your conditions with a goal of improving your quality of life and exceeding your expectations. We concentrate on the personal needs of each patient and set realistic expectations while placing safety first.

*"The staff at Weight Loss & Vitality is warm, caring and professional. Treatment at this clinic has been an absolutely wonderful experience." A. Azikiwe*



## REVIEWS



★★★★★ 5

powered by BirdEye

[VIEW REVIEWS](#)

## MEET OUR MEDICAL TEAM



Ms. Gentry Faulkner, RN



Ms. Maribel Hernandez, MA



Ms. Nikol Abramsteva





571 550 9000

Request Consultation

Patients ▾

Conditions We Treat ▾

Locations ▾

About us






REQUEST APPOINTMENT




PATIENT PORTAL



NEW PATIENT FORMS

CALL 859-264-0006 • LEXINGTON, KY 

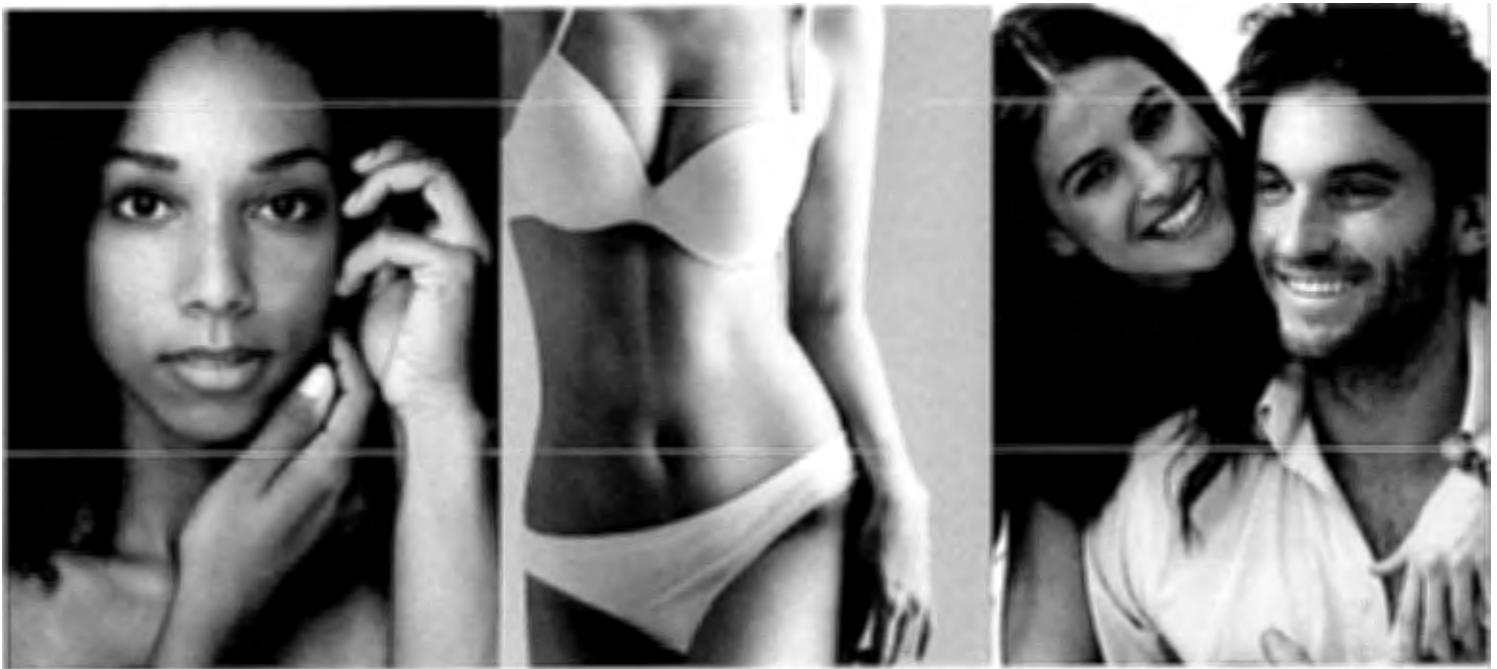
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**Shop at my ZO<sup>®</sup> Medical and ZO<sup>®</sup> Skin Health Store**  
 secure online shopping | special product offers | free shipping on first orders

Dr. Zein Obagi's  
Next Generation of  
Skin Health Solutions

[SHOP AT MY ZO<sup>®</sup> STORE TODAY >](#)



Here at Libelle Aesthetics, we are dedicated to giving our patients nothing but the best in state-of-the-art, effective beauty care. At our high-end facility in Lexington, Kentucky, our extensively trained team of professionals delivers astounding results while also keeping up to date on the latest developments in the industry. Special care has gone into ensuring our office is relaxing and pleasant. We understand that comfort and peace of mind are important for self-improvement, so we keep our environment serene and even provide childcare for our patients with kids.

**LEARN MORE**

Libelle Aesthetics is proud to provide a wide and varied range of cosmetic services to women of every skin type and tone. Whether you are looking to improve your skin's texture, lose weight or anything in between, we have the equipment and expertise to give you the results you are looking for.

For acne fighting, skin tightening, smoothing, and rejuvenation, we offer advanced treatments such as photofacials, chemical peels, microdermabrasion, skin resurfacing, Botox, various fillers and more. We also offer laser hair removal as well as the ground-breaking medically-supervised hCG weight loss treatment and diet. Be sure to call or visit our office today to find the right treatment for you!



take a tour  
OF OUR OFFICE



learn about our  
**FREE CHILD CARE**

### MORE TESTIMONIALS

I had a great experience! It was my first IPL treatment so I was a little nervous. The staff did a wonderful job explaining the procedure and answering all of my questions. Everyone was professional and friendly. I definitely will be a repeat customer!  
- Nicole

## our services include

- Rapid Medical Weightloss
- IPL Photofacial
- Acne Treatment
- Chemical Peels
- Microdermabrasion
- Laser Hair Reduction
- Leg Vein Therapy
- Skin Resurfacing
- Botox & Dysport
- Fillers
- Body Sculpting



Physician Directed Skin Care

Latisse

Eyelash Extension

Professional Makeup Application

Waxing

Massage



LIBELLE AESTHETICS AND  
WEIGHT LOSS CENTER  
Dr. Lauze Volk

859-264-0006

3280 BLAZER PARKWAY, SUITE 100  
LEXINGTON, KY 40509

## HOURS

MONDAY - FRIDAY  
9:00AM - 6:00PM

SATURDAY  
BY APPOINTMENT

©2016 Libelle Aesthetics and Weight Loss Center. Website by Affordable Image.

HOME

ABOUT

HOW IT WORKS

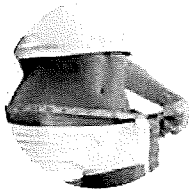
JOIN NOW

CONTACT US

THE LIFETIME

RESULTS

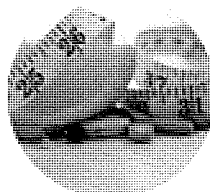
It's Never Too Late! To Improve Your Health, Shape and Life!



**Weight Loss**

Together we win by losing weight. Obesity is an international problem with local and individual consequences. It has physical, mental and financial costs that directly impacts individuals, families and our communities.

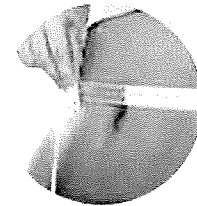
[learn more](#)



**Proper Nutrition**

We cannot forget the vitamins that energize the weight losing process. Cayenne Pepper, Cinnamon, Green Tea, Vitamin-C and grapefruit are examples of Thermogenic and Nature's own Phytochemical supplements which assist in weight loss.

[learn more](#)



**Join Now**

This is your chance to change your image, change your life. This is for anyone who is truly serious about making long-term lifestyle changes and losing weight permanently. You have nothing to lose but weight. Your weight is your fate!

[learn more](#)

[learn more](#)

We use cookies to understand site usage and to improve the content and offerings on our sites. | [read more](#)

OK



# You'll drop 5, 10, 20 pounds. And more, with fun and confidence.

Because every day you will know that also you'll be winning  
against the biggest killers, fat and stress.

There are ways to lose weight just by the type of food you eat.



Sha  
re



## A physical exam is done first. Exam includes. Labs, Urinalysis, EKG & Cardiology Consultation.

1 Free week of supplements ( Fat burner, appetite  
suppressant, B-12 injection, Omega-3,  
and Biotin supplements.)

Be sure to check out our Before and Afters!

## Our treatment is as affordable. As most commercial weight loss programs!

You are getting complete and personalized medical  
treatment, not a canned program designed to fit everyone .



► Make Appointment  
Call: 1-855-330-2121  
*Call now!*

Share



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Share



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x



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## Patients Before/After

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© 2018 Dr. Daniel's Weight Loss Program





Home

Get Lose It!

embodyDNA

Snap It™ BETA

Premium

SIGN IN



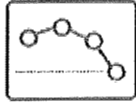
Numbers Don't Lie

71,458,514

**POUNDS LOST USING LOSE IT!**

How It Works





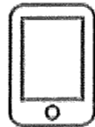
### SET A GOAL

We match you with a personalized daily calorie budget and weight loss plan.



### TRACK FOOD & EXERCISE

Track your meals & moves with our food & exercise database + tracking tools.



### CONNECT APPS & DEVICES

Connect devices, fitness trackers and apps for seamless activity and biometric tracking.



### WEIGHT LOSS COMMUNITY

Tap into the Lose It! community for inspiration, guidance, support and challenges.



# Food Tracking Made Easy

## 3 WAYS TO TRACK:



**SEARCH IT.**

Food database with 7 million+ foods, restaurant items and brands from around the world, hand curated by our on-staff nutrition experts.

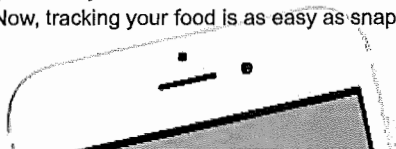
**SCAN IT.**

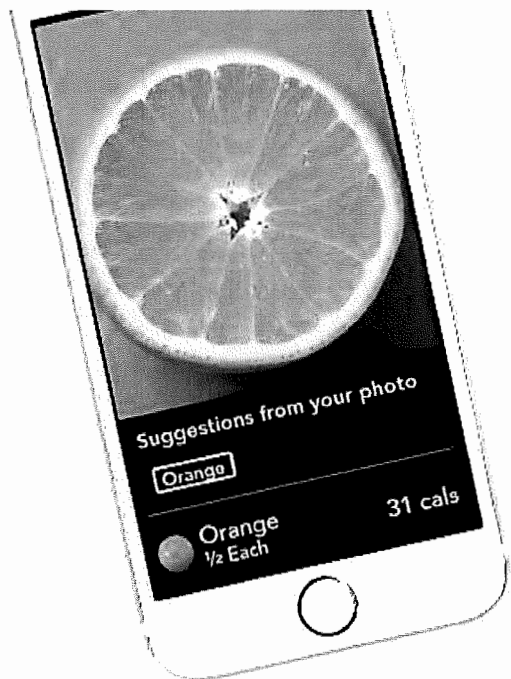
Barcode scanner uses your phone's camera to upload nutritional information associated with food labels.



**SNAP IT.  
(NEW!)**

Now, tracking your food is as easy as snapping a picture.





# Lose Weight

**ONCE AND FOR ALL**

Get access to basic tracking free. Or go Premium to get a personalized program and serious results.

# LOSE IT! BASIC

\$0/mo.

- ✓ **Calorie Tracking**
- ✓ **Exercise Tracking**
- ✓ **Community Access**
- ✓ **Apple Health & Google Fit Sync**
- ✓ **Wifi Scale Support**
- Activity Tracker Support (Fitbit, etc.)
- Fitness App Support (Nike+ Run Club, etc.)
- Macronutrient Goal Setting & Tracking
- Nutrition Insight Reporting
- Data Analysis & Recommendations
- Meal Planning
- Meal Plan, Recipe & Workout Library
- Water Tracking
- Custom Themes
- No Ads

**GET LOSE IT!**

# LOSE IT! PREMIUM

\$3.33/mo.

- ✓ **Calorie Tracking**
- ✓ **Exercise Tracking**
- ✓ **Community Access**
- ✓ **Apple Health & Google Fit Sync**
- ✓ **Wifi Scale Support**
- ✓ **Activity Tracker Support (Fitbit, etc.)**
- ✓ **Fitness App Support (Nike+ Run Club, etc.)**
- ✓ **Macronutrient Goal Setting & Tracking**
- ✓ **Nutrition Insight Reporting**
- ✓ **Data Analysis & Recommendations**
- ✓ **Meal Planning**
- ✓ **Meal Plan, Recipe & Workout Library**
- ✓ **Water Tracking**
- ✓ **Custom Themes**
- ✓ **No Ads**

**GET LOSE IT! PREMIUM**



About  
Press

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# *Lose Weight, Feel Great*

**FAST, SAFE, EFFECTIVE • MEDICALLY SUPERVISED  
PROGRAM • PHARMACEUTICAL HCG IN ALBUQUERQUE,  
NM**

Success Weight loss Systems is all about results! We want you to experience rapid weight loss, significant reductions in fat, and dramatic improvements in your overall health. In general, a tremendous amount of our clientele reduced or eliminated numerous health challenges, and in most cases, they have the lab results to prove it. As a result, they were able to work with their Healthcare provider and minimize their dependence on costly pharmaceutical drugs designed to help them live with the devastating effects of diabetes, depression, high blood pressure and high cholesterol.

It's ironic, millions of people learn to live with these terrible conditions, as a result they spend billions of dollars on drugs to help them do it. We say, why would anyone want to live with these conditions, you and your body deserve more? You can learn to eat right, you can lose the excess weight, and you can put your body on the road to recovery!

Are you sick and tired, of feeling sick and tired?

*Give Us A Call and Schedule Your Free Consultation!*

**505-888-0797**



**Promotions**



*Success Weightloss Systems is featuring Xeomin cosmetic injections for just \$9 per unit.*

*Give your wrinkles the boot and save your Holiday loot.*

*Put your best face forward and look as young as you feel for all*

*those Holiday photos.*

*Call (505) 888-0797 to reserve your Holiday discount session.*

*Slots will go quickly, reserve yours today!*

Find Out More About Xeomin!

---

# Introducing Non-Surgical Body Slimming Technology

Find Out More

Weight Loss | HCG Diet | **HCG Success Stories**

# What's New

- 
- *1 day ago by Success Weightloss Systems Inc.*



If you are ready to see a younger looking you, than our Xeomin is what you need! We are currently scheduling for our next event on Friday, September 7th and Saturday, September 8th. Please call if you would like to learn more or to schedule your appointment today! (505)888-0797 # ...



2

- *4 days ago by Success Weightloss Systems Inc.*



10 ways to help your kids succeed!

1. Show by example Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables. 2. Go food shopping together Grocery shopping can teach your child about food and nutrition. Discuss ...



**Eat, Play, Love:**  
Raising Healthy Eaters

- *5 days ago by Success Weightloss Systems Inc.*



Giving kids the best chance to be disease free starts with what they eat!



• *5 days ago by Success Weightloss Systems Inc.*



Calling all parents that might not have grown up with good eating habits, we can help you lead the charge to a healthier you and for the family too! Call 888-0797 to start a new Family Tradition!

#kidsnutrition #nutrition #diabetics #diet #foodplans



2

• *1 week ago by Success Weightloss Systems Inc.*



Results like this are just 7 short weeks away! Burn fat,shed inches and drop clothing sizes! Learn more about our programs and services by calling our offices at (505)888-0797 and start your weight loss journey today!

#successweightlossystems #albuquerque #local

#weightlossNM #burnfat #loseweight



5

• *1 week ago by Success Weightloss Systems Inc.*



Have a Goal? We have a plan for you to reach that Goal! Call 888-0797 for your free consultation and get started on your customized plan to reach that GOAL!



1 week ago 1

A wish with a goal becomes a plant

53 1

• *2 weeks ago by Success Weightloss Systems Inc.*



Her music was important to me! Thank You for your soul. God Bless!



1

- *2 weeks ago by Success Weightloss Systems Inc.*



Aretha Franklin, universally acclaimed as the "Queen of Soul" and one of America's greatest singers in any style, died on Thursday at her home in Detroit. She was 76. (Thank you for your strength through music)

The cause was advanced pancreatic cancer, her publicist, Gwendolyn Quinn, said.

In her ...



5

- *2 weeks ago by Success Weightloss Systems Inc.*



Today let us honor, cherish, remember and

R-E-S-P-E-C-T not only the iconic voice of Aretha Franklin, but also what her music, spirit and beliefs contributed to the lives of countless individuals across the globe. May you rest in peace #QueenOfSoul and sing with angels! #QueenOfSoul # ...

4






# **Awaken180° Weightloss**

**is now the official weight loss program of the**

## **Boston Red Sox**

Learn Why The Pro's Love It

- or -

 Call us now! (tel:8443461800)

# They Did it ... and So Can **YOU!**

consistent, maintainable, life-changing weight loss\*

Before

After

Before

After



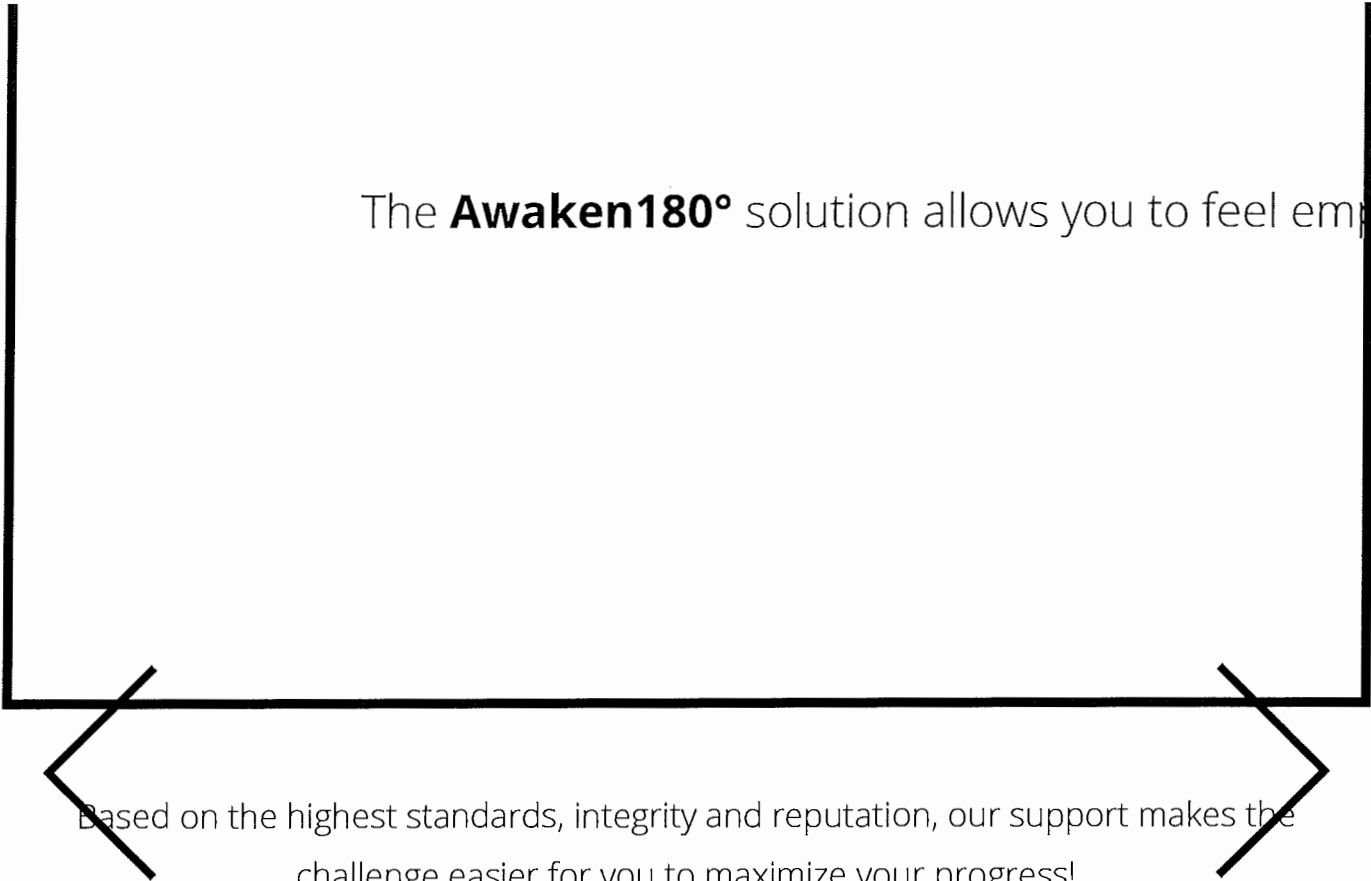
**Michael: [Peabody \(/locations/2\)](/locations/2)**

See Some More ! (</testimonials>) >

## The First of its Kind

Precisely designed to be as dynamic as you are

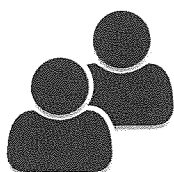
The **Awaken180°** solution allows you to feel emp



Based on the highest standards, integrity and reputation, our support makes the challenge easier for you to maximize your progress!

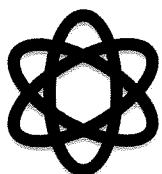
Get Started Now! Your "tomorrow" starts today!

We can produce incredible results due to our 3 component approach



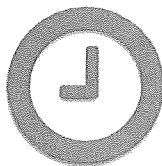
### Weekly 1-on-1 Coaching

You can meet with our weight loss consultants every week to optimize your diet, select delicious meals, and discuss new ways to improve your experience.



### Cutting-Edge Technologies

Awaken180° is devoted to efficient weight loss. It is designed to keep your blood sugar balanced and appetite and cravings under control.\*



### Maintainable Weight Loss\*

Once you achieve your healthy body composition, we'll be by your side to support you for LIFE, for FREE!

Learn more about the program! (</program>)

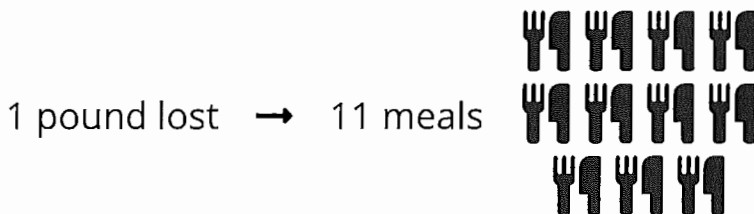
Join today to help a great cause!



In the United States, 1 in 7 people struggle with hunger



Awaken180° will donate \$1 for every pound lost!<sup>1</sup>



Join today to help a great cause!

<sup>1</sup>Up to maximum \$1,000 annually per store location

\* Weight loss results may vary.




---

Home (/) • About the Program (/program) • FAQ (/faq)




---

Newton, MA (/locations/1) • Peabody, MA (/locations/2) • Quincy, MA (/locations/5) • Seekonk, MA (/locations/40)

Awaken180° Weightloss © 2016

Admin@Awaken180weightloss.com (mailto:Admin@Awaken180weightloss.com)



# JumpstartMD

[PROGRAM](#) [ABOUT](#) [BLOG](#) [CONTACT](#)

1-855-JUMPSTART

[Patient Portal](#)

[Contact Us](#)

---

## Fast and Healthy Weight Loss that Lasts

Are you ready?

[Get Started](#)

JumpstartMD is the leading weight loss and wellness practice in the Bay Area. We have transformed the lives of thousands of members through our personalized, science-based weight loss and wellness programs.

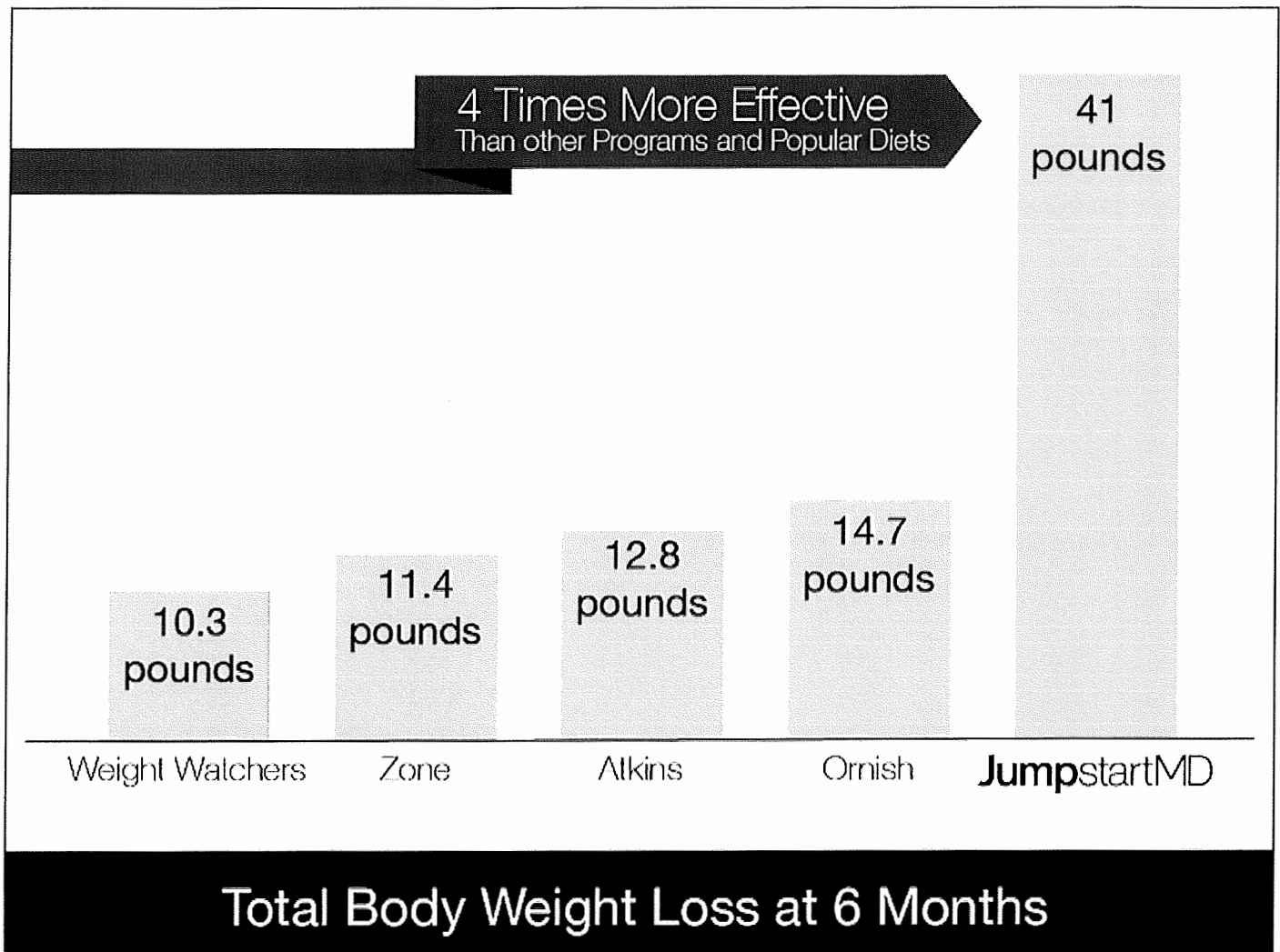
## The Jumpstart Difference

- Fresh, real food
- Comprehensive, personalized approach
- Private progress meetings and counseling
- Based on the science of weight loss
- Founded by Stanford-trained physicians and Diplomates of the American Board of Obesity Medicine
- HSA, FSA and PPO reimbursement support

[Learn More](#)

## The Results





JumpstartMD participants who completed the program\*:

- Lost 3-4X more weight than those on other programs or apps.<sup>1</sup>
- Lost 15% of body weight and 30 pounds in three months.<sup>2</sup>
- Regained less than 1 pound after a complete year on the program.<sup>3</sup>
- Many participants noticed a reduced effect of weight-related conditions such as diabetes, high cholesterol, hypertension, joint pain and arthritis, heart problems, and depression.\*

1. JumpstartMD outcomes compared to data in Gardner et al, *JAMA*. 2007;297(9):969-977 and Dansinger et al, *JAMA*. 2005;293(1):43-53.

2. JumpstartMD outcomes study presented at American Society of Bariatric Physicians Scientific Symposium 2011.

3. JumpstartMD outcomes data 2013.

\* - Results may vary for individuals.

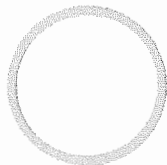
## The 5 M's Approach

JumpstartMD's team of medically supervised experts empower our clients with knowledge and personalized support to achieve sustainable healthy lifestyle goals.



### Meals

A fresh, real food approach ensures that you learn how to shop, cook, order, and eat well.



### Movement

Build a foundation of fitness to sustain weight maintenance and success.



### Mindset

Weekly private sessions, free seminars, and online tools help you establish and strengthen lifelong habits.



## Medicine

Founded by physicians and based on the latest science so you can lose weight quickly and safely.



## Maintenance

Sustained support and focus so you don't neglect the most challenging aspect of weight loss.

Let's Talk

## What People Are Saying

“ I've been coming to Jumpstart for the past 5 months or so and I am in love. It's re about what they do. They have trained me so well and if you are going to commit be ready to make a true lifestyle change. I've changed my ways dramatically and first, but once the weight started melting away, I knew it was the right change for r that I've built up over my lifetime, but slowly and surely I'm changing them.

— SS

\* Results may vary



I'm Ready

It's time to start living the life you've imagined.

1-855-JUMPSTART

Or We'll Call You

## Meet Our Expert Team

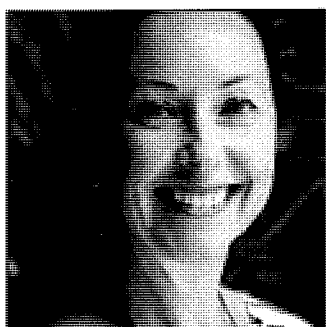
With backgrounds in medicine, nutrition, fitness, and counseling, our cross-trained professionals believe that everyone deserves the knowledge to live a healthy life.



Lisa V.



Adrian K.



Sandy C.



Christy H.



Jessica H.



Dr. Bourke



Elizabeth C.



Joan J.



Chong T.



Arlene S.

# Partner with JumpstartMD

Corporate Solutions

Referring Physicians

## Where to Find Us





## Our Locations

- Marin
- San Francisco
- Walnut Creek
- Pleasanton
- Burlingame
- Menlo Park
- Redwood City
- Los Gatos
- Piedmont
- Mountain View

## Blog Highlights

Eating Healthy On the Road

Ask The Experts: Are you Getting Enough Vitamin D?

Science Made Simple: Diabetes

Top 10 Magnesium Rich Foods

The Importance of Determining Your Goal: Performance or Weight loss

## Sign Up For Our Blog

Email

First Name

Last Name

Please also send me special offers and discounts

Yes

No



Subscribe

Meals • Movement • Mindset • Medicine • Miscellaneous

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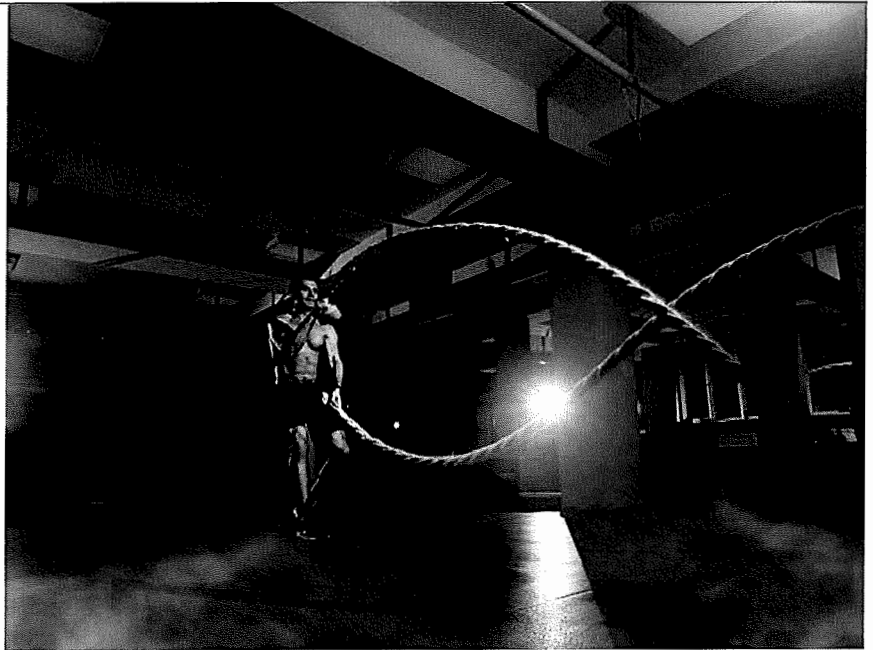

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LOCAL 5  
STAR  
NUTRITION





Find a nutritional supplement retail store near you.



# THE 5 STAR DIFFERENCE



# EXPERTISE



We live the 5 Star Nutrition brand every day. When you come to a 5 Star Nutrition you're getting more than quality products and supplements; you're getting expert knowledge and guidance tailored specifically to your goals, wants, and needs. Each location includes an InBody machine that provides a medical grade body composition analysis, allowing you to track your body fat and lean muscle mass so you can actually see results.

# BEST IN CLASS PRODUCTS

There are thousands of products in the marketplace to choose from, at 5 Star Nutrition we only carry reputable brands that use best in class ingredients. We offer a diverse mix of products to help you achieve your specific goals, whether it be weight loss & management, sports nutrition & workout support, protein powder shakes & snacks or vitamin herbs & health essentials, we have the perfect product for you.

Try before you buy! We offer free samples on almost every product in our store, every day



# ROCK BOTTOM PRICES



At 5 Star Nutrition we offer best in class products and supplements at the guaranteed lowest prices. Our exclusive complimentary VIP Loyalty Program saves members an additional 20% off MSRP and 5% cash back on all in-store purchases.

[Click here to learn more about our VIP Loyalty Program](#)

## FREE CONSULTATION

At 5 Star Nutrition, we believe in educating our guests based on their health and fitness needs, wants, and goals. We offer free consultations with our Inbody composition analysis and customized meal planning and no extra cost to ensure you reach your goals.

Our InBody machines are tuned to get accurate body composition details fast. Results are delivered within 45 seconds with an accuracy of 99.5%! This helps take the guesswork out of diet and meal planning by learning your true metabolic rate and calorie needs.

[Click here](#) to learn more about our free consultations.

# FREE SHIPPING



Can't make it to a store? We offer FREE SHIPPING to your home, work or APO! Give us a call to place your phone order or contact your local 5 Star Nutrition on Facebook.

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# LEANMD

MEDICALLY SUPPORTED WEIGHT LOSS

FIND YOUR LOCATION TODAY

## MENU

---



### PROGRAM OVERVIEW

Experience fast, easy, healthy weight loss



### MEDICALLY SUPPORTED WEIGHT LOSS

Physician led program is ideal for those with or without health issues



### VIRTUAL SUSTAINABILITY

Enjoy convenient, personalized visits and remote weight monitoring



### REAL/FRESH FOODS

Learn how to eat fresh food in the real world and still keep the weight off

---

BERKELEY <b>(510) 549-2038</b>	BRENTWOOD <b>(925) 418-7985</b>	BROOKINGS, OR <b>(541) 291-9037</b>	CAPITOLA <b>(831) 662-9999</b>	FRESNO <b>(559) 256-5154</b>
-----------------------------------	------------------------------------	--	-----------------------------------	---------------------------------

LOUISVILLE, CO <b>(720) 388-7016</b>	MANTECA <b>(209) 407-2168</b>	MODESTO <b>(209) 407-1169</b>	MONROE, LA <b>(318) 807-1060</b>	ROCKLIN <b>(916) 633-5605</b>
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FIND YOUR LOCATION TODAY

**MENU**

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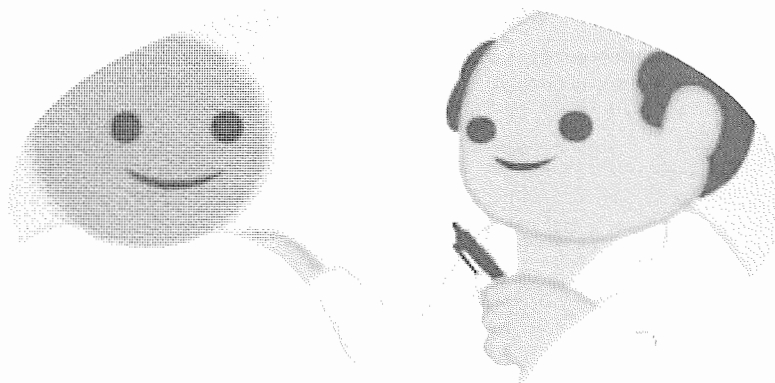


# LEANMD

MEDICALLY SUPPORTED WEIGHT LOSS

FIND YOUR LOCATION TODAY

MENU



## FROM OUR BLOG

AUG 27 2018

### Weight Maintenance: 6 Tips to Keep the Pounds Off

There are three weight loss phases. Phase one is to lose weight. Phase two is the transition to a new, sustainable calorie intake and exercise level. Phase three is to keep the pounds off permanently. ...

READ MORE

AUG 20 2018



FIND YOUR LOCATION TODAY

**MENU**

---

AUG 14 2018

**The Key to Safe, Rapid Weight Loss**

When you think about what rapid weight loss looks like, you might picture starvation and crash dieting. However, these techniques aren't just ineffective – they can also be unsafe. The key ...

[READ MORE](#)

---

\*Specific results are not guaranteed and are a result of the individual customized weight loss plan for each patient, along with exercise, diet, and lifestyle changes.



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Deliver to Canton 44701

Browsing History Laura's Amazon.com

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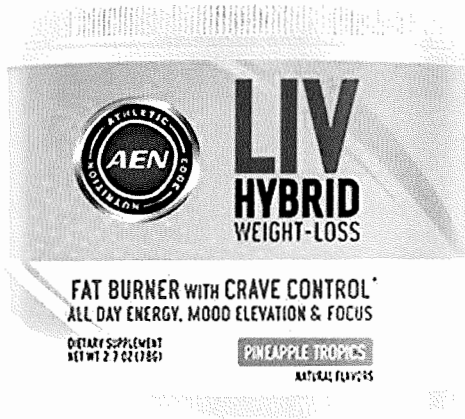
Health & Personal Care Household Supplies Vitamins & Diet Supplements Baby & Child Care Health Care Sports Nutrition Sexual Wellness



Health & Household > Vitamins & Dietary Supplements > Weight Loss > Appetite Control & Suppressants

# Athletic Edge Nutrition Liv Hybrid Weight-Loss Supplemer Pineapple, 78 Gram

by Athletic Edge Nutrition  
41 customer reviews | 5 answered questions



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### About the product

- Helps individuals stay on their stressful low calorie diets to achieve weight loss goals.
- Fights "diet dropout".
- Suppresses appetite so food and calorie intake can be reduced.
- Reduces diet stress and minimizes depression, that is normally felt when dieting.
- Reduces binge eating and between meal eating.

[Report incorrect product information](#)

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Page 1 of 2





FitMiss Ignite Pre-Workout Supplement, Strawberry Margarita, 30 Servings  
475  
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5275  
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Pre Workout Pow Beta-Alanine & C 6500mg - Ripped Thermogenic Ene  
12  
\$18.87

Ad feedback

### Special offers and product promotions

- Get a **\$75.00 statement credit** after first Amazon.com purchase made with new Discover it® card within 3 months. Terms and conditions apply. See offer for details. Apply now

### Have a question?

Find answers in product info, Q&As, reviews

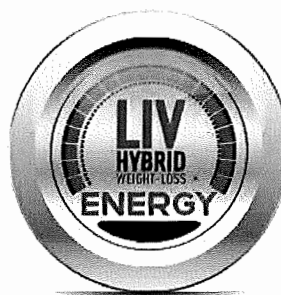
### From the manufacturer

Read more

If you answered yes to any or all of our questions above, meet LIV Hybrid Weight-Loss



PREMIUM QUALITY



Research Supported

Recent findings from a large study involving 138 obese and overweight men and women on an eight week low calorie diet, conducted by Dr. Mariangela Rondanelli at the University of Pavia in Italy, showed that subjects on PhosphoLean experienced only a 6% drop out rate vs. a 27% drop put rate for the placebo group.

In addition, sensation of appetite, depressive symptoms, and binge eating severity scores were statistically much more favorable for the PhosphoLean group. Finally, insulin resistance and blood lipid markers were also statistically more favorable for this active group as well.

After oral administration, PhosphoLean is gastro-protected in the stomach, and in the intestinal

Read more

NSF GMP Facility

- Dendrobium
Neuravena (engineered wild green oat extract)
Theanine
Caffeine
Green Coffee Extract (50% Chlorogenic Acids)

Pre-workout Ready

- Great as a PRE-Workout for energy & focus enhancement
Available in Sample Size
Available in 2 Powder Flavors
Watermelon | Pineapple Tropics

For Individuals Looking To

- Loose weight
Suppress Appetite
Improve Mood
Increase Energy
Stay on a lower calorie weight-loss program
Stay focused throughout the day
Be jitter free with any supplement they take

Product description

LIV is athletic edge nutrition's 5 star reviewed fat burner with crave control technology. Featured in oxygen magazine,groupon, bulu box, muscle & performance and many more media channels, LIV has a superb following of individuals ranging from mothers everywhere to athletes and celebrities. LIV's scientifically validated ingredients have been shown to suppress appetite, elevate mood, increase energy and focus, and enhance the body's fat-burning process.

Product details

Product Dimensions: 4 x 3 x 3 inches ; 8 ounces

Shipping Weight: 4.8 ounces

Domestic Shipping: Currently, item can be shipped only within the U.S. and to APO/FPO addresses. For APO/FPO shipments, please check with the manufacturer regarding warranty and support issues.

International Shipping: This item is not eligible for international shipping. Learn More

ASIN: B00HURX086

UPC: 793573813084

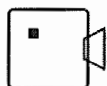
Average Customer Review: 41 customer reviews

Amazon Best Sellers Rank: #452,593 in Health & Household (See Top 100 in Health & Household)

#1431 in Health & Household > Vitamins & Dietary Supplements > Weight Loss > Appetite Control & Suppressants

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### Important information

**Legal Disclaimer**

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

marketplace

**“Small businesses are the reason people are staying innovative.”**

**Joshua Esnard**  
The Cut Buddy

Start selling ▶

Ad feedback

### Customer questions & answers

Have a question? Search for answers

0 votes

**Question:** any idea what flavor this is

**Answer:** Good question. It's fizzy orangish  
By P. K. Patton on December 12, 2016

[See more answers \(1\)](#)

0 votes

**Question:** How many servings does this have?

**Answer:** I'm not sure. But it did last awhile. So. It was worth the price. Sorry I couldn't be more specific. Hope that helps.  
By Lacy B. on February 5, 2016

[See more answers \(2\)](#)

0 votes

**Question:** How does it taste? Recently I purchased a recovery supplement that burned my mouth and throat, so I have been weary since.

**Answer:** I can't say about the taste. When i ordered this product it was a pill not a powdered drink.  
By Justin on January 22, 2016

[See more answers \(1\)](#)

0 votes

**Question:** How do you guys consume this powder? I've tried it in juice and it just gets clumpy, and this morning I tried mixing it into yogurt and its so strong.

**Answer:** I just mixed it in watee and downed it. Clumps and all.  
By Lacy B. on April 27, 2016

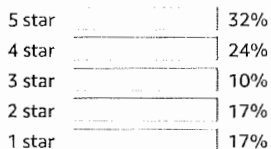
[See more answers \(2\)](#)

[See more answered questions \(1\)](#)

### Customer reviews

41

3.2 out of 5 stars



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Read reviews that mention

- energy boost
- weight loss
- caffeine
- eat
- morning
- pills
- food
- mood
- results
- afternoon
- capsule
- craving
- cravings
- diet
- fat
- focus
- helped
- hoping
- sleep

See more

Top customer reviews

Nastia

This will do for now.

March 17, 2015

Verified Purchase

I'm taking few things - whey protein (1 scoop, 28 grams a day), BCAA 10 grams a day, and LIV capsules, 1 every morning. I learned that LIV is better with or right after breakfast, otherwise it hurts my stomach, the energy goes way up and dies within 4-5 hours. If I take it with food, the energy is more even throughout the day.

It does help me with cravings. I work from home, kitchen feet away, so I needed something to help me. I stopped snacking, not craving sugar and bread anymore. I do believe it's the combination of the supplements, not just LIV.

As a pre workout though this is a negative. I don't feel any difference. I've used other pre workouts and I know what they can do. I'll keep exploring the world of weight loss pre workouts, doTerra oils have been looking better and better. I'm hoping to find something that won't hurt my stomach no matter when I take it. Just doesn't seem right.

One person found this helpful

- Helpful
- Not Helpful
- Comment
- Report abuse

Shelley

Appetite control and fat burner

February 24, 2016

Size: 78 Grams Verified Purchase

I purchased this as an enhancement to my supplement regime. Its a nice craving control supplement to add in mid day between supplements. I didnt have the dire need to have an ice cream for my afternoon snack. Not a huge fan of pineapple, but the flavor wasnt overpowering. I didnt have any supplement side effects associated with some of the stronger ingredient appetite suppressants (IE: shakes, nausea). I would recommend this for those trying to lose weight by limiting diet along with exercise.

2 people found this helpful

- Helpful
- Not Helpful
- Comment
- Report abuse

Sara

Great for energy!

December 21, 2015

Size: 60 Count Verified Purchase

Love this. When you need that extra kick to work and workout in the same day, this is your secret weapon. It always curbs my appetite, makes me thirsty for water, and keeps me going! I also do green shake with gold standard whey, 100oz of water, and bcaa's every day.

One person found this helpful

- Helpful
- Not Helpful
- Comment
- Report abuse

Shawna Michelle Custer

This will definitely give you an energy boost. However ...

October 26, 2015

Size: 78 Grams Verified Purchase

This will definitely give you an energy boost. However, I took it early in the morning and couldn't sleep until very late that night after taking it. Probably depends on how much caffeine you're used to. I only drink coffee and can't drink energy drinks because they make me shaky.

2 people found this helpful



Ad feedback

Most recent customer reviews

Natalie

I was taking this for a while and I

didn't ...

I was taking this for a while and I didn't find that it made my energy higher or any weightloss. You always have to be careful of reviews because people get paid to buy it and... Read more

Published 1 year ago

Amazon Customer

Five Stars

Great product! Love the pineapple flavor!

Published on July 3, 2016

Amazon Customer

Five Stars

I liked.

Published on June 27, 2016

Amazon Customer

One Star

These made me violently ill. I will not be taking them ever again

Published on February 18, 2016

Wendy

One Star

Didnt work fro me at all. I wanted to return remaining but it was a timed limited return policy.

Published on November 28, 2015

sarah

Its amazing i love this stuff

All day steady energy! I really thought that was only a claim on products, but its true! Its amazing i love this stuff!!! No tingly feeling! Read more

Published on November 9, 2015

Greg

LIV - highly recommended

I recently used the LIV product and loved the results. I felt like I had more control over my urges to eat and the mood enhancer (no more hanger) is a nice bonus. Read more

Helpful

Not Helpful

Comment

Report abuse

Published on August 28, 2015

Kindle Customer

**It's worth the try**

August 16, 2016

Size: 78 Grams Verified Purchase

this is pretty good. I had more energy during the day and it does help to curb my appetite a little.

One person found this helpful

Helpful

Not Helpful

Comment

Report abuse

Amazon Customer

**Its not the type that gives you jitters like caffeine pills**

September 20, 2016

Size: 78 Grams Verified Purchase

It gives you energy and it lasts all day. I stopped craving for food. Its not the type that gives you jitters like caffeine pills. Its pretty mellow and I like it. It also makes me feel good/happy all day.

One person found this helpful

Helpful

Not Helpful

Comment

Report abuse

iris

**Five Stars**

June 6, 2016

Size: 60 Count Verified Purchase

Gives energy and suppresses my appetite

One person found this helpful

Helpful

Not Helpful

Comment

Report abuse

Justin

**Not exactly what I thought I ordered**

August 7, 2014

Verified Purchase

I've had this before and it works great. The packaging is different than what is pictured. It states that it is LIV, but what is shipped is LIV Hybrid. It appears to be the same or similar we'll see

One person found this helpful

Helpful

Not Helpful

Comment

Report abuse

See all 41 reviews

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Ad feedback

**Disclaimer:** While we work to ensure that product information is correct, on occasion manufacturers may alter their ingredient lists. Actual product packaging and materials may contain more and/or different information than that shown on our Web site. We recommend that you do not solely rely on the information presented and that you always read labels, warnings, and directions before using or consuming a product. For additional information about a product, please contact the manufacturer. Content on this site is for reference purposes and is not intended to substitute for advice given by a physician, pharmacist, or other licensed health-care professional. You should not use this information as self-diagnosis or for treating a health problem or disease. Contact your health-care provider immediately if you suspect that you have a medical problem. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Amazon.com assumes no liability for inaccuracies or misstatements about products.



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Red Mountain Weight Loss® is the leader in medical weight loss, providing expert ca

Founder & Chief Medical Officer, Dr. Suzanne Bentz, D.O., has practiced medicine for more than 30 yea  
Board Certified by the American Board of Obesity Medicine, and strongly believes that a physician is mo  
Bentz attended Texas Christian University, where she studied nutrition/health science. She received her  
Science Center.

In 1995 she started Red Mountain Family Medicine. Dr. Bentz quickly discovered that a majority of her pa  
pressure and high cholesterol, all related to obesity. With a passion to further help her patients, she becc  
treatment of obesity and related disease



The largest weight loss practice in the Southwest, with locations throughout Arizona. For more than 30 years, Dr. Bentz and her team of dedicated medical professionals have been helping their patients to achieve and maintain an optimal and healthy weight for a lifetime.

MEET THE TEAM

(<http://redmountainweightloss.com/doctors/>)

We strive to instill confidence in each individual that walks into our doors and send them home feeling empowered and motivated. We believe that patients are best equipped to achieve a safe and healthy weight loss when under the care of a Bariatric Physician, and strive to be as readily available as possible for them every step of the way. We are not just a weight loss system, we are a partner in your weight loss journey.

The exclusive home of the patented medication and 3-Step Program: RM3<sup>®</sup>, Red Mountain Weight Loss<sup>®</sup> offers a unique array of services, products and programs that are designed to promote a healthy lifestyle.

The “Red Mountain Way” is the way we help our patients reach their weight loss goals — It’s a supportive and nurturing environment and defines the standard by which we measure ourselves. The “Red Mountain Way” is the essence of our company’s aspirations to deliver only the best customer service every single day.



*Respect for People* – We treat people like we want to be treated... with kindness and respect. People losing weight should be met with encouragement rather than judgement or scolding.



*Medically Proven* – Our wide variety of programs are medically proven to help patients lose weight safely – without surgery. We are a licensed medical practice with a highly trained and credentialed clinical team.



*Weight Loss is our Specialty* – At Red Mountain, our patients' Weight Loss Programs are under the care of Board Certified Bariatric Physicians, with a plan individualized to each patient's specific health history, goals and lifestyle needs.



*Luxurious Setting* – Spa-like environment with 5-star customer service from a staff dedicated to supporting our patients in achieving their weight loss goals.

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\*Individual results may vary. Seek medical advice before starting any service including a weight loss program or med spa treatment. Contact us to make sure this is the right solution for you.

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Svelte's Medical Weight Loss Clinic in Orlando provides medically supervised weight loss programs and strategies you need so you can lose weight with NO Surgery! No Hormones! No Starvation! Svelte Medical Weight



See how we are making a difference in the community of individuals who desire body transformations. Contact our office to learn more about our services. Our services combine years of comprehensive experience to provide patients the opportunity to

Loss focuses on insulin stability levels. We are able to help our patients achieve this goal by directing them to eat foods that won't spike their insulin level. When insulin levels are low, fat is burned instead of sugar and hunger is controlled. \*Individual results can vary, and we are confident in our program.

The following information is from an interview with Susie Bragg RN, BSN weight loss coach at Svelte MD and is a nutrition philosophy that has been adopted by the entire support team dedicated to help you during your treatment. Our top doctors and professional staff are committed to helping you with your services.:

At Svelte MD Medical Weight Loss Clinics, we empower our patients to transform their metabolism. *Fat burning is a positive side effect of what we teach our patients.* Most Americans; men, women, young and old, end up eating a lot of pre-packaged, preserved, high-fructose corn syrup food which has resulted in a massive upswing in obesity and type 2 diabetes.

learn more about medicine based programs for losing weight and appetite suppressant medications to improve wellness and reach weight loss goals.

continued from previous column --

Inflammation inhibits cellular function and encourages a sugar burning metabolism. So when people come to Svelte MD, we help them radically transform their metabolism.

Essentially we are altering their inflammatory state and bringing the inflammation down. We help our patients create optimal cellular function through our program. A side effect of this process is fat burning. We get the excess fat to convert itself back into energy. What we are committed to is overall health.

Dr. Bragg is a board certified medical doctor that was trained and educated in the United States of America. He has already been his own patient for the Svelte Medical Weight Loss program, and he successfully lost over 40 pounds. \* If

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see how weight loss comes naturally once we get this right.

healthy! We want to offer you a personalized experience with the support and care you deserve. We offer privacy and discretion when it comes to patient information. We comply with policy guidelines for your comfort and

We all have to eat, but do you truly understand the impact food has on us? For instance, the impact artificial sweeteners has on us is inflamm

see our new menu

## Meet Our Weight Loss Experts in East Orlando, Dr. Phillips and Lake Mary

Susie Bragg, RN shares some tips for weight loss and explains how the Svelte Program works.

**Meet Dr. Bragg and staff.**  
Dr. Bragg is the physician who not only founded Svelte Medical Weight Management, but Dr. Bragg is also the very first patient.

Posted by Susie...  
609 Views

Svelte MD has a group of qualified coaches to help you during your weight loss journey.

Email us for more details.





## Join Our Safe and Effective Weight Loss Program\*

Svelte MD's program is about decreasing inflammation and getting the body to go into a fat burning state, which most Americans don't live in.

Most of us get up in the morning and start our day with a sugar source, carb source, or glycemic source. Even if it is a smoothie, convenience based protein bar or a bowl of cereal, we start our whole metabolic day in an insulin swing potential.

With our insulin fluctuating all day, people experience "rebound hunger."

Have you ever felt like you are starving 2 hours after you eat? Or feel late at night you catch yourself standing in front of the fridge saying, "Why do I want ice cream? I shouldn't eat this. I feel I must have no will power."

What many don't understand is that it doesn't have anything to do with willpower.

It has everything to do with "rebound hunger" due to the excess insulin floating around in your system. You don't have to feel bad about it. We didn't invent this. Nobel winner, Dr. Barry Sears discovered this.

Paula Taylor lost - Lost 69 lbs. \*individual results may vary

Andrew - Lost 136 lbs. \*individual results may vary

Brook - Lost 42 lbs. \*individual results may vary

**Svelte MD's Medical Clinic** understands that many people struggle to lose weight. With the Svelte MD's System, many patients who have never successfully lost weight and kept off that weight for an extended length of time have found the key to finally

shedding their unwanted pounds. While we are obligated to let you know that individual results may vary, we are confident you will find us unlike the majority.

Our program has many defining characteristics separating it from other diets.

Below are a few of these characteristics and how they can help you lose the weight you have always wanted to lose without surgery or hormone therapy.

The best news? The Svelte MD plan does not leave you hungry and our delicious detox water drinks will satisfy your sweet cravings too.

Depending on your fitness goals, a number of **Svelte MD's programs** are physician-supervised and begin with blood work and lab diagnostics, electrocardiograms to determine the health of your heart, a consultation with a medical doctor, any prescriptions required for your dietary health, pharmaceutical grade multivitamins to ensure your dietary guidelines are met, and fat burner/Vitamin B12 injections. Once a dietary program is initiated, patients are able to visit weekly for weigh-ins, consultations with a Svelte coach, a Vitamin B12 injection, and a prescription.

Many of our patients have found fantastic results with Svelte's Re-Boot All Natural program. Re-Boot offers the same great diet without a prescription, ECG, or lab work, which reduces the cost. Re-Boot's initial consultation includes a physical assessment, body composition testing, a customized Svelte plan, 4 weeks of Vitamin B12 injections, and coaching visits.

Sometimes life interferes with our best intentions and our patients must temporarily stop their visits. Svelte MD understands this and offers a Re-Start plan for existing patients at a greatly reduced fee. You can also pay for visits in advance and save. Please check out our pricing.

Graduates who lose their unwanted weight love the Stay Svelte **Maintenance Program**. With weekly Vitamin B12 fat burner injections and a monthly consultation, these clients are able to maintain their figures without close supervision.

Svelte MD also offers a free digital cookbook for anyone interested in learning more about our program.

-->Clients who refer a friend who signs up as a Svelte patient are given a \$50 referral fee.

Svelte Medical Weight Loss would be glad to help you lose weight. Give them a call at **407-804-5200** to ask any questions, and read the abundant information in our blogs pertaining to healthy living, diets, and reasons your old diet plan may not work efficiently.

We know with the right support and care, it is easy to approach your personal goals. If you are looking for better options than a long exercise list, our doctors can give you resources to improve your nutrition through understanding and without losing your rights to the foods you enjoy. Our central aim is to treat you like family and create a professional safe place for you to experience a breakthrough. Contact us to schedule an appointment this week. Stop missing out and start going down the road to losing unnecessary curves. Get things back in the right spots. We have 2 locations in Orange county and one in Seminole county. Our service is a phone call away. You can also email us. Weight loss Orlando can afford. Easy schedule access is available online.

Look for our address on the contact page which contains our center address and suite information for our Central Florida locations or reference the map. Feel free to submit a form including your specific requests if necessary and someone from our center will contact you.


## Latest News

At Svelte MD Medical Weight Loss, we are committed to bringing you news that will help you maintain a healthier lifestyle. Our commitment is to bring you relevant health information in a matter of fact, real life, positive way. We hope that you enjoy the articles we have assembled for you.

### Search for Weight Loss Articles and Blog posts on Our Site

Type in a Search Phrase Here

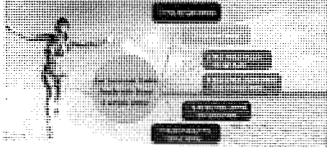
**Weight Loss with Contrave: Warning and Advocacy**  
July 30, 2018



A Fresh Look at the Contrave "Diet" Pill: (naltrexone HCl/bupropion HCl) At Svelte MD's medical [...]

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**Get Swimsuit Svelte with 6 Simple Steps!**  
May 21, 2018



Getting ready for beach weather doesn't have to be daunting. Here are some simple tips that [...]

[Read more](#)

**Get Lucky this Season with Svelte/BioTE!**  
March 13, 2018



[Read more](#)

### They Did It, You Can Do It Too!

Hear how Weight Loss has helped real people get real results, then let us help you create a success story of your very own.

\*Individual Results May Vary

- Get skinny in Orlando!
- Svelte is your choice for fast weight loss with real results!
- Certified specialists and doctors are there for you every step of the way on your path to burn fat.
- Whether you are male or female, we will help you with this challenge and find a program that works for you.
- Nutrition and eating specialists will help you cleanse and detox too!
- If you want to go natural with herbs and organic supplements, that's no problem!
- Or if you prefer fast acting pills and effective fat burning prescription drugs, we may be able to help you with that too based on patient health.
- We recommend specific dietary supplements, shakes, powders, and pills that can support your journey.
- Our excellent staff can help you to get fit and we know how to deal with excess skin too!
- We at Svelte know how to find a good workout routine that works for you, and find the right meal that not only tastes good, but will do wonders for your well being and physique.
- Just look at all the amazing before and after transformations on our website.
- Countless top reviews and incredible ratings from our clients, who have embraced Svelte's signature individualized nutrition plans with or without the workout, can attest to our successful and professional process.
- Even if you are looking to lose weight Orlando even as you age past 40, past 50, past 60, it doesn't matter!
- Our staff will help you reach your goals. Our clinics are state of the art and our success rates are off the charts!
- The friendly staff here is ready to warmly welcome you and offer encouragement all throughout your transformation.
- We have fully licensed, medical facilities in Lake Mary, Dr. Phillips, and East Orlando. Let our team be there for you and supervise your success!

Svelte Medical Weight Loss Home



(407) 476-0621

5.0 stars - based on 4 reviews

# ur Summer Svelte Sweeps Win a \$500 Gift Certificate velte Medical Weight Loss C

r a \$50 off the start up cost coupon!

rn \$50 credit at Svelte Every time you refer a new





## Dr. Phillips Location

7009 Dr. Phillips Blvd #240, Orlando,  
FL 32819

Mon: 8am-5pm

Tues: 8am-6pm

Wed: 8am-5pm

Thurs: 7:30am-5pm

## East Orlando Location

10902 Dylan Loren Circ, Orlando, FL  
32825

Mon, 8am-5pm

Tues: 8am-5pm

Wed: 8am-5pm

Thurs: 4pm-7pm

Weight Loss Clinic

## Lake Mary Location

580 Rinehart Rd #120, Lake Mary, FL  
32746

Mon: 8am-5pm

Tues: 8am-5pm

Wed: 8am-5pm

Thurs: 8am-5pm

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Weight Loss Website Template WordPress theme | Login

Request Information

Schedule an Appointment

(877) MED-LOSS



THE MEDICAL WEIGHT LOSS PROVIDER - MEDI-WEIGHTLOSS > PROGRAMS > MEDI-WEIGHTLOSS SIGNATURE MENUS®

# Medi-Weightloss Signature Menus®

## Uncomplicate YOUR weight loss!

NEW Medi-Weightloss Signature Menus® provides a structured solution designed to simplify meal planning and take the guesswork out of weight loss. Your weight loss menu will include delicious ready-to-eat options and simple recipes.

You'll still enjoy all the benefits the Medi-Weightloss® Program offers, including:

- ✓ Medical Supervision
- ✓ Balance Education, Appetite Management, and Activity to Lose Weight
- ✓ Clinically Proven Results
- ✓ Private Accountability and Support
- ✓ Cutting-Edge Technology
- ✓ Lasting Lifestyle Education



## About Our Products

Our Signature Supplements & Products contain only the highest-quality ingredients and are specifically designed with proprietary formulations that supply the nutrients you need to help you achieve and maintain your ideal weight.

All of our Signature Supplements & Products were researched and developed for the program and are manufactured in a state-of-the-art facility that is licensed by the FDA and exceeds the FDA-imposed Good Manufacturing Practice (GMP) guidelines. This includes quality assurance testing on every raw material utilized and exceptional product purity for optimal results.

In addition, our Signature Supplements:

- Meet USP guidelines for disintegration and absorption,
- Utilize the finest pharmaceutical grade ingredients,
- Are standardized botanical herbal blends,
- Are free of starch, yeast, and sugar.



We recommend that our patients, when medically appropriate, use our products for optimal results and to avoid any potential adverse interactions that may occur with the use of other formulations. Last but not least, our Signature Products are delicious, easy, fast and convenient.

Formulated with high amounts of protein to make sure you keep your body in the ketosis stage

and with low caloric value so that you don't go over your daily allotted calories. Specifics to your program will be determined by your Medi-Weightloss® healthcare provider. If you are pregnant and/or nursing, consult your physician before use of any and all dietary supplements.

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## Newsletter

Receive special offers, coupons, educational articles and more. Enter your email and subscribe to our newsletter.



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Medi-Weightloss® ©2006 - 2018 Medi IP, LLC. All Rights Reserved.

† Medi-Weightloss® is a program of weekly follow-up visits during the first phase of the program. Results may vary from patient to patient. Rapid weight loss may be associated with certain medical conditions and should only be considered by those who are medically appropriate.





**Since November 25th, 2014**

**TOTAL WEIGHT LOST**

**00,000 POUNDS**

**The Pounds Program accepts Health Insurance**







Since obesity is defined as a “disease” by the American Medical Association, insurance companies may cover many of your expenses. You will be responsible for any co-pays or deductibles you may have and we will directly bill your insurance company for the medical services we offer.

If we do not participate with your carrier we can supply you with the documentation necessary to file your claims with your insurance provider.

We currently participate with:



## Is the Pounds Program Right for You?

-  Have you tried other weight loss programs with minimal lasting success and are tired of the weight loss roller coaster? YES!
-  Do you feel that you need a more individualized program specifically tailored to your needs and your life, not another cookie cutter hyped up program? YES!
-  Are you looking for a skilled and compassionate medical team who specializes in weight management, that will deliver the answers you need on exactly how to lose and maintain your weight loss? YES!
-  Are you looking to improve your quality of life through nutrition and have a better understanding about what foods are right for you? YES!
-  Do you want to treat your current medical problems, such as diabetes or hypertension, with changes in your nutrition rather than medications? YES!
-  Are you looking for more than a “food menu” but instead a complete program designed and proven to achieve success? YES!



Are you curious about how food interacts with your body's metabolism? YES!

IF YOU ANSWERED YES TO ONE OR MORE OF THE FOLLOWING STATEMENTS THEN THE POUNDS PROGRAM IS FOR YOU.

Take the first step, schedule your comprehensive exam today!



Call. 860-906-1289



**POUNDS KiDZ**

Medically supervised weight management program for kids.

## Our Mission

We understand that obesity is a disease caused by multiple metabolic disorders that we diagnose everyday in our practice. It is not only caused by over-eating or under-exercising. Our mission is to help people feel better by curing them of obesity and the secondary diseases associated with it such as:


- Pre-diabetes
- Diabetes
- Hypertension
- Elevated cholestrol
- Heart disease
- Fatty Liver
  
- Hypothyroidism
- Metabolic syndrome
- Insulin resistance
- Fatigue
- Sleep apnea
- Breathing problems
  
- Arthritis
- Lower back pain
- Depression
- Infertility
- Decreased libido
- Abnormal periods
  
- Gallstones
- Vitamin D deficiency

- Gout
- Food allergies
- Some types of cancer

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© Copyright 2015 Pounds medical wieghtloss transfomation

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 **844-800-3524****U.S. Patent No, 7605122**

# Welcome to Releana Telemedicine

Telemedicine has come to weight loss. So simple to use. Upload a few photos, fill in your answers and we can evaluate and diagnose your weight problem within hours.

[Learn More](#)

## Only Patented Weight Loss Drop in the United States

[Register Now](#) (</patient-in-take/index>)

### Existing Patient?

[Request Refill](#) (</site/login>)

## What is Releana Telemedicine all about?

Releana Telemedicine allows you to be treated by a licensed doctor or nurse practitioner, 24 hours a day, anywhere you have an internet connection, or mobile device.

Licensed Doctors and Nurse Practitioner

An experienced and licensed doctor or nurse practitioners will review your case, decide on the diagnosis, and offer treatment or advice accordingly.

## Prescriptions sent directly to your Home Address

When we diagnose your condition, we will send you information regarding that diagnosis, as well as write a prescription for Releana and have it delivered to your home address.

**LOSE WEIGHT THE HEALTHY WAY!**

**AS SEEN ON TV**

Three bottles of Releana are shown. The central bottle is the largest and has the following text on its label:

**Releana**  
Innovations in Weight Loss

Directions:  
Place 10 drops on your  
tongue and hold for 30 seconds  
swallowing the drops.  
Repeat 3 times a day, 15-20  
minutes apart from meals.

Patent Number 7601422  
Volume 15 ml

**LOSE UP TO 30 POUNDS IN 30 DAYS!**

Patent Number 7601422  
By Rx Only.



## Only Patented Sub-lingual formula in the U.S. Patent No. 7605122

Releana is the only patented hCG weight loss drop in the United States. Hcg, or human chorionic gonadatropin is a hormone that we have found to be safe, natural and effective. Our patients who use Relleana in conjunction with a low calorie diet find it speeds up weight loss, and they shed hard to lose fat and retain muscle.

Clinical studies have shown that Relleana patients on a low calorie diet lose 28% more weight than those on placebo using diet alone.

### We have found:

#### **It Works:**

- \*Lose Weight Daily.
- \*Helps target fat and may help prevent muscle loss.
- \*May increase metabolism and energy.

#### **It's Safe:**

- \*Medical Grade
- \*Quality Assured

#### **It's Simple:**

- \*No shots
- \*Lose excess fat without exercise
- \*Effective for men and women

#### **It's Certified:**

- \*Only patented formula in the U.S.
- \*Medically supervised by licensed professionals

## WHAT PEOPLE ARE SAYING!

I used Relleana® 2 years ago. I used it for 3 months dropped 37 lbs and have not gained any of the weight back. I totally trust in Relleana®, it really does work. Stephanie

**STEPHANIE**

I've tried every diet there is for 30+ years. My body has learned to NOT lose weight when I diet. I've been on Releana since 11/12/15 and have lost over 40 lbs. This has succeeded where nothing else has. My diabetes is resolved, my BP is normal, my blood work is normal, and I feel GREAT! This is a miracle for me. KB

**KB**

# Telemedicine

DOCTORS VISITS VIA THE WEB



## CREATE YOUR CASE PROFILE

Upload photos and answer some questions

Enroll

(/patient-in-take/index)



## SELECT HCG DIET PROGRAM

Which HCG program would you prefer?

22 Days - \$299

[\(/site/index?package=1\)](/site/index?package=1)

44 Days - \$499

[\(/site/index?package=2\)](/site/index?package=2)



## START YOUR E-CONSULTATION

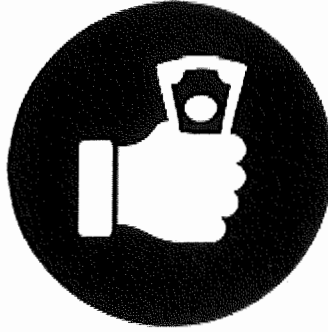
Our doctor will provide a medical opinion and provide treatment if necessary

## WHAT WE OFFER



Receive a Weight Loss consult in 24 hours from a licensed doctor or nurse practitioner

[Learn More](#)



Save time and money

Learn More



Start a consult

Get Started! (/patient-in-take/index)

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Click the Calendar Icon to Schedule Your Appointment Online!

Charleston  
843-225-3501  
    

North Augusta  
803-426-8882  
    

## Call Today!

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*Nutrition Program*

*Control Your Appetite*

*Energy & Fat Burning Injections*

*Check Out Our Packages*

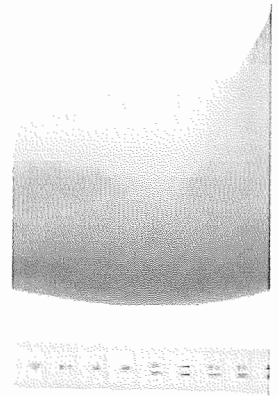
## **OUR LIFESTYLE IN CHARLESTON OR NORTH AUGUSTA, SC**

### **NUTRITION COUNSELING AND WEIGHT LOSS PROGRAMS**

exercise? Chances are, you need accountability and an informed nutrition counselor. Visit Beach Medical Weight Loss in Charleston or North Augusta, SC to help you and your family. We'll also encourage you to reach your weight loss goals.

weight loss journey. The Beach Medical team is here for you. For more information about our nutrition plans, contact





## ***NEED A BOOST OF ENERGY TO MAKE IT THROUGH THE DAY?***

You often find yourself getting hungry. You'll grab a sugary latte from the nearest coffee shop or take your spare change to the vending machine. Did you know that these habits lead to weight gain? Beach Medical Weight Loss provides energy and fat burning injections for Charleston and North Augusta, SC to help increase your metabolism and burn off that extra weight. We also carry supplemental vitamins and minerals, including:

- Trim Away
- KLB-5
- Multivitamins

- Vitamin D
- Essential fatty acids
- Protein bars and chips
- Protein shakes

Stock up on healthy living essentials from the area's trusted nutritionists.



# **LEARN MORE ABOUT OUR HEALTHY LIVING PROGRAMS**

Schedule a nutrition counseling session at our North Augusta or Charleston location. Our clinics are open Monday through Saturday during the day. We remain open on Tuesday and Thursday nights for your convenience. Drop by after work and discuss your weight loss goals.

We focus on lifestyle changes and behavior modifications, along with using the medical components of appetite suppression and energy and fat burning injections to boost your metabolism. Join our weight loss program now – you won't regret it.

Click here to contact a location near you.

**Glutathione Injections**  
~ Now Available! ~

# Are you Tired of Diets That Don't Work?

Have you tried diet after diet only to find yourself not losing weight, or even gaining weight after you stopped the diet? Do you feel defeated and alone because of your weight or health?

It doesn't have to be this way! We at Nuviva have helped tens of thousands of patients *just like you* lose weight and keep it off.

Want to learn more about Nuviva? **Click here to sign up for a free, no obligations consultation today** to learn how the Nuviva family of trained medical professionals can help you. Whether you have 10 pounds or 100 pounds to lose, we'll customize your program to help you finally lose the weight and feel like yourself again.

We'd love to welcome you to the Nuviva family. **Click here** to listen to the stories of people just like you that finally found success with Nuviva!

**CLICK HERE** to hear what people are saying about Nuviva!

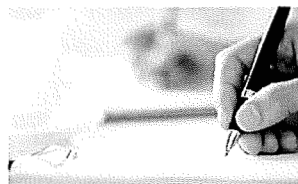


## Weight Loss Nutrition Plans



Our medical weight loss program offers a variety of nutrition plans to prevent you from hitting that "I can't lose weight" plateau. Diet plans designed to work with your metabolism to maximize your weight

## No Contract. No Obligations



At Nuviva, we do not have any long term contracts or large up front fees. You can stay with us as long as you want. You can decide how long of a program is right for you, week to week.

## All-Inclusive Weight Loss Program



There are never any last-minute add-ons with Nuviva. Our entire medical weight loss program is included in your low weekly fee, from the introductory nutritional analysis to your supplements

## Weight Loss Medications



There are no shortcuts to weight loss. That's why we never take shortcuts with the medications we give our patients. Every medication we provide is pharmaceutical-grade, guaranteed.

loss potential. Your nutrition coach will help you every step of the way, so you can reach your goals faster.

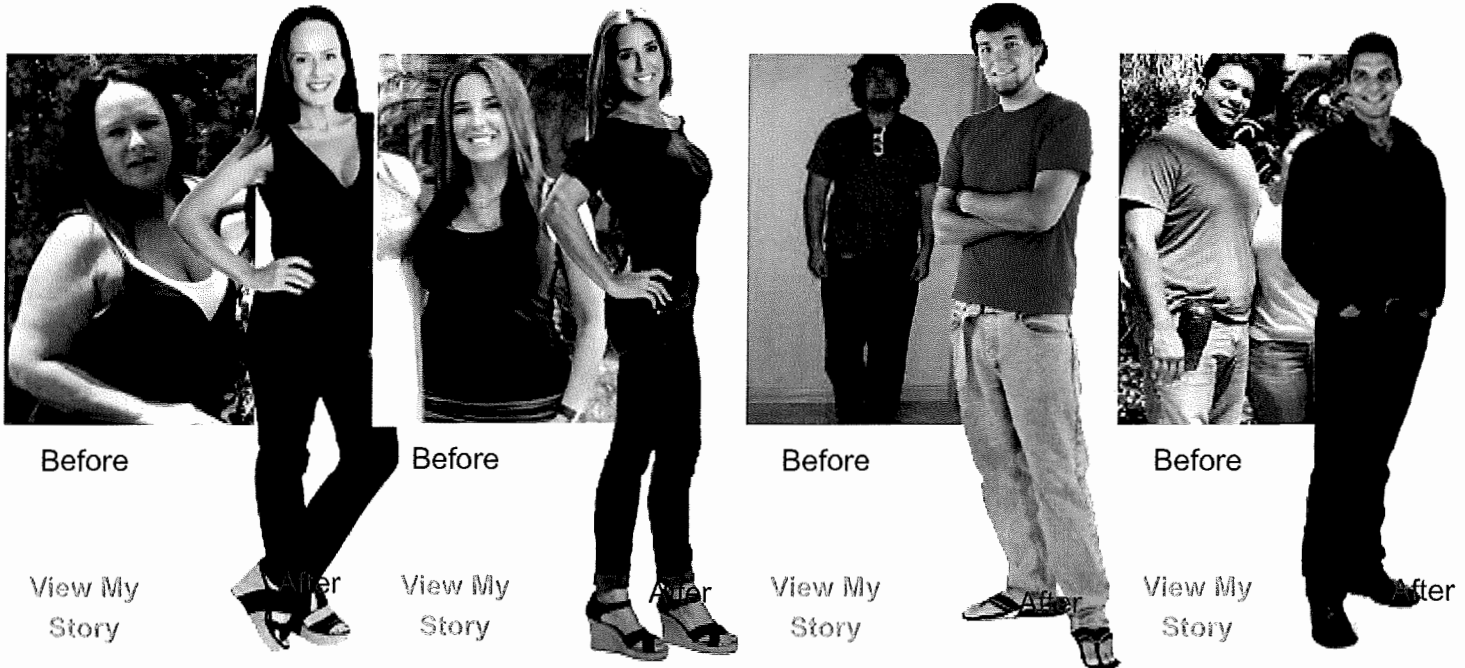
Local Weight Loss Clinics

and pharmaceutical injections.

Weight Loss Medications

Weight Loss Success Stories

Get Your Weight Loss Nutrition Plan



## Visit Your Local Weight Loss Clinic

Altamonte | Boca Raton | Fort Myers | Lake Mary | Naples | Orlando | Punta Gorda | Tampa |

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### Medical Weight Loss Clinics

Medical Weight Loss Clinics in Altamonte Springs Florida	Medical Weight Loss Clinics in Boca Raton Florida
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Medical Weight Loss Clinics Dover Florida	Medical Weight Loss Clinics Deerfield Beach Florida
Medical Weight Loss Clinics Delray Beach Florida	Medical Weight Loss Clinics Coral Springs Florida
Medical Weight Loss Clinics Longwood	Medical Weight Loss Clinics Wekiva Springs
Medical Weight Loss Clinics Maitland	Medical Weight Loss Clinics Plant City
Medical Weight Loss Clinics Wesley Chapel	Medical Weight Loss Clinics Lakeland
Medical Weight Loss Clinics Riverview	Medical Weight Loss Clinics Apollo Beach
Medical Weight Loss Clinics Lehigh	Medical Weight Loss Clinics Lehigh Acres
Medical Weight Loss Clinics Arcadia	



# iMed Weight Loss



iMed Weight Loss  
@imedweightloss

- Home
- Reviews
- Photos
- Posts
- About
- Community
- Info and Ads

Create a Page

Like Follow Share

Book Now

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Create Post



Write a post...

Tag Friends

Check in

5.0 5 out of 5 · Based on the opinion of 1 person

Community

See All

59 people like this

56 people follow this

### Recommendations and Reviews



October 29, 2015

Do you recommend iMED Weight Loss?

Yes

No

See All

About

See All



6333 N Federal Highway, Suite 285 (Inside Advanced Endocrine Care Suite)  
Fort Lauderdale, Florida 33308

Get Directions

(954) 278-8755

Send Message

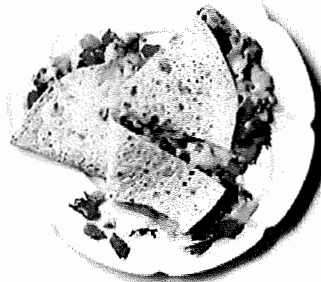
www.imedweightloss.com

Weight Loss Center · Medical Company · Medical Center

Price Range \$

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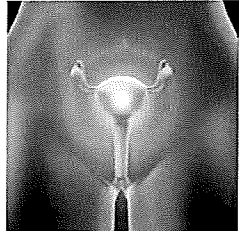
Posts



**iMed Weight Loss**

July 20, 2016 ·

Understanding PCOS  
- <http://bit.ly/2ab6UBh>



NURSE-PRACTITIONERS-AND-PHYSICIAN-ASSI...

**Understanding PCOS**

Polycystic ovary syndrome (PCOS) occurs in 5 million women in the United States.<sup>1</sup> Moreover, PCOS affects 5% to 10% of women of reproductive age and of those women 40%

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Comment

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**iMed Weight Loss**

November 27, 2015 ·

Love this and it's so true :)



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@imedweightloss

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- Posts
- About
- Community
- Info and Ads

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@imedweightloss

- Home
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- Info and Ads

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iMed Weight Loss

October 31, 2015 ·

If you're out driving tonight please put away your phone and watch out for the children! Happy Halloween!



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iMed Weight Loss

October 30, 2015 ·

Weight Loss Drugs: Pros and Cons of 5 Approved Prescriptions -  
<http://modo.ly/1RIEKIN>



WWW.LIVESCIENCE.COM

### Weight Loss Drugs: Pros and Cons of 5 Approved Prescriptions

There are five medications approved in the U.S. for the long-term treatment of obesity, but none can take the weight off without the help of diet and...

Like

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See More



(/)

This advertisement features a central image of a woman, Tricia, smiling and standing with her hands on her hips, wearing a black dress. To her left is a testimonial in a handwritten font: "I got serious - about taking control and being the best version of myself". Below this, a text box states "Tricia lost 112 pounds" and includes a small inset photo of her labeled "Tricia before" with the note "\*Individual results may vary." To the right of Tricia, a dark circular graphic contains the text "Lose up to 20 lbs in 4 weeks" and a "GET STARTED" button. Below the button, it says "Imagine yourself 20 pounds lighter by this time next month! Our programs and products make it possible. All you have to do is give it a shot!"

(/join-today)



# Our clients have lost over 52 million pounds!

What sets Physicians WEIGHT LOSS Centers apart is that we are with you every day, every pound of the way!

We have developed six distinct and effective weight loss systems to meet the different lifestyle needs of each individual. Find the program (/weight-loss-programs) that works for you.

[Privacy - Terms](#)

SEE WHAT'S NEW  
**AM / PM WEIGHT CONTROL  
Wellness Device\***



\*AM/PM Wellness Patches are a general wellness device and are intended to maintain and encourage a general state of health and healthy activity.

**SHOP ONLINE →**

(/online-diet-store)

**LOSE ALL OF  
THE WEIGHT  
YOU WANT  
ONLINE FOR**



**\$6  
A WEEK**

**JOIN ONLINE TODAY →**

(/get-started-today)

**FREE WEIGHT LOSS ANALYSIS**

Find out what it will take to get to your goal weight! Get your results and free offers today.

Gender ▼

Height (feet)

inches

Weight (lbs)

Age

First Name

Last Name

Email

**SUBMIT**



(<https://www.facebook.com/PWLCOOnline>)



(<https://twitter.com/PWLCCorporate>)



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(<https://www.youtube.com/channel/UCJ-drk24bsw-TWcS-wS44uA>)

Find Your Center or call (800) 205-7887 (/find-a-center)

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[Health Management Group \(http://www.healthmanagementgroup.com\)](http://www.healthmanagementgroup.com)

## The Almased Weight Loss Phenomenon™

**Speeds up and improves the metabolism.**

**Reduce weight. Revitalize energy. Restore wellness.\***

- Supported by over 30 years of experience and research.
- Formulated in Germany with a unique fermentation process that enables nutrients to be absorbed quickly into the bloodstream.
- Supports the retention of muscle mass while losing fat.\*
- Supports digestive and immune system function with probiotics and enzymes.\*
- Helps to control hunger through high amount of quality protein.\*

### GENERAL DOSAGE

General Mixing Instructions:

1. Add 10-12 oz of bottle or filtered water.
2. Add 1-2 spoons of oil (e.g. olive or flaxseed).
3. Add 8 Tbsp (50 g) of Almased and blend well.

For additional mixing instructions and individual serving size recommendations, please see the instructions under the lid of the can.

### NOTES

This package is sold by weight not volume. Contents may settle during shipping. Store in a dry, cool place. Best if purchased before (see bottom). If seal is broken, return for exchange or refund. If you are (or might be) allergic to one of the ingredients or would like to take Almased on a long-term basis, please consult your physician or health care professional or call toll-free at 1-800-ALMASED (1-800-256-2733).

### TRY THIS!

**A customer favorite:  
Cinnamon Roll Shake**

- 8 tbsp Almased
- 12 oz unsweetened vanilla almond milk
- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



Amount per Serving: 240 calories, 29 g protein, 18 g carbs, 6 g fat.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Weight Loss Therapies<sup>™</sup>

*Personalized. Positive. Permanent.*

[Home](#)   [About](#)   [Our Formula](#)   [Doctors](#)   [Contact](#)

## Try our FREE 1 hour consultatio

[CONTACT US NOW](#)

### Private Studio

Take the first step with us today!



At Weight Loss Therapies, our goal is simple: to help you take control of your health, improve your fitness, lose weight, and keep it off. Our services are personal and unique to each individual.

104 Tremont Street/Rt. 3A Duxbury, MA 02332  
Phone: 1-781-452-7650  
Email: [weightlosstherapies@gmail.com](mailto:weightlosstherapies@gmail.com)





Request Information

Schedule an Appointment

1 (877) MED-LOSS



# PHYSICIAN-SUPERVISED INDIVIDUALIZED MEDICAL WEIGHT LOSS

Private, Comprehensive Plans that Work!

Find a Location!

Medi-Weightloss® is **life changing**.

Trusted by over 246,000+ satisfied patients, Medi-Weightloss® is a huge success in one of the world's largest industries.

SEARCH BY CITY, STATE OR ZIP:

Enter a location

**6,036,669**  
Pounds Lost

Many more to come

**94**  
Locations Across USA

And Growing

**1730**  
Recipes and Exercises

Available to our Members

Already a Patient? **Take our Patient Survey..**

Get Started

Be entered to win an iPad Mini!

“ I lost over 50 pounds and went from a size 22 to a size 6! The program was very easy to follow, and I liked that I was able to eat real food. I now love to go shopping and even do some modeling on the side. ”

Ruby - Andover, KS



Newsletter

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Medi-Weightloss® ©2006 - 2018 Medi IP, LLC. All Rights Reserved.

† Medi-Weightloss® is a program of weekly follow-up visits during the first phase of the program. Results may vary from patient to patient. Rapid weight loss may be attained only in certain medical conditions and should only be considered by those who are medically appropriate.





(/success)

## The One Life Way

One Life is the leading weight loss and wellness destination in San Diego. We have changed the lives of thousands of our clients and their families through our unique, medically-based weight loss plan. Our goal isn't just for One Life to be the most successful diet you ever try, but **fit** it to also be the easiest. **And the last.**

## Dr. Jonathan Haynes and the Creation of One Life

Weight loss expert and Family Physician, Jonathan Haynes, MD created One Life with the intention of revolutionizing weight loss. After years of study and experimentation Dr. Haynes created the One Life Diet based on a true understanding of the science behind weight loss and a deep personal insight into the psychology behind losing weight.

## Success Stories

One Life's weight loss success has truly been incredible – from those with only 10 pounds to lose to those with over 100, for both men and women, young and old, local or long distance. Watch their stories and get inspired.

WATCH (/SUCCESS)

CLICK BELOW TO LEARN MORE ABOUT ONE LIFE





# MAKE ONE LIFE YOUR LAST DIET

LEARN MORE (/ABOUT)



# ONE LIFE. REAL LIFE. FOR LIFE.

One Life is much more than just another “quick weight loss” center. While fast weight loss is an integral part of One Life, our true goal is to do it in a way that creates lifelong success.

Most diet programs achieve weight loss through temporary changes to the way people eat. The problem with temporary change is it only creates temporary results. You do something different, you lose weight, and then you go back to real life and you gain it back again.

Rather than taking you out of your life to temporarily follow *our* diet, we customize our concepts to fit *your* lifestyle.

## **WE FIT ONE LIFE TO YOUR LIFE.**

Every aspect of One Life is designed with permanent weight loss as its true focus. That’s why we don’t use pre-packaged meals, juice cleanses, or HCG hormone injections. While these temporary techniques may seem to make losing weight easier, they do nothing to teach you how to change your lifestyle so you don’t end up gaining your weight back. There is no quick fix. There is no magic pill. There is no secret formula. Weight loss is about lifestyle change – it has to be if you want to keep the weight off. And any program that tries to shortcut that process will fail you in the long run.

## **IT ISN’T A DIET. IT’S A LIFESTYLE.**

In order to achieve long-term success it’s imperative you learn to lose weight in the real world – in your world. Unless you learn how to lose weight going out to eat, socializing, having a drink, traveling ... whatever it is, those things are going to get you when you return to them. But if you can lose weight while you’re doing all of those things, it allows you to learn as you’re going along so when you get to your goal, you will know how to keep your weight off. Only by losing weight in the real world and eating real foods can you figure this out.

## **REAL FOOD. REAL LIFE. REAL SUCCESS.**

By basing the One Life Diet on real life and real foods it enables you to break your old habits and to establish new ones *while you're losing your weight*. The knowledge and insight you gain along the way will create a foundation that will enable you to keep your weight off for the rest of your life.

## **AND THAT'S WHAT MAKES ONE LIFE DIFFERENT.**

For a typical day living the One Life way,

(http)

(http)

(http)

(http)

CLICK HERE FOR A SAMPLE MENU  
(/S/SAMPLE\_MENU-GMFL.PDF)

## THE BUILDING BLOCKS



### PERSONALIZED

We fit One Life to **your** life, and not your life to our diet. Your One Life plan will be as unique



### SUPPORT

Weekly meetings with our medical experts keeps you accountable and motivated.



### EDUCATION

We give you the knowledge to succeed at weight loss and to keep it off for good.

as you are.



## SIMPLICITY

## NO CONTRACTS

(htt

To be useful, it has to be simple.

Because what we do works, we

(htt

No matter how well the diet

don't need contracts. It's that

(htt

works, if it isn't easy to follow  
you aren't going to keep doing

simple.

(htt

it.

## THE VISITS





## The Initial Visit

At the Initial Visit you will meet with your One Life weight loss expert and go over your weight and diet history. We will discuss your food weaknesses and any dietary challenges you struggle with in your daily life. We then walk you step-by-step through the One Life Diet and help personalize the program to fit your lifestyle. Together we will determine an appropriate goal weight and decide whether to use our natural supplements or our prescription appetite suppressants. At the initial visit you will also receive the One Life Diet book, your first week of medication, and your first metabolism boosting vitamin injection.

## The Weekly Visits

Weekly visits are an integral part of the program because they provide continued support, education, and accountability. Every week we sit down one-on-one and go over your week, discuss any challenges you are having, and help you come up with strategies to overcome them. Each week we also review different aspects of the One Life Diet and make sure bad habits aren't sneaking back into your routine. We also go over one of the weekly One Life Lesson Plans, teaching you a bit more each week to ensure that by the time you get to your goal, you have the tools and knowledge you'll need to be able to maintain your weight loss forever. The lessons cover a wide range of diverse topics and are selected based on your current needs.

## The Maintenance Program

Despite the common notion that maintaining weight is harder than losing it, the reality is when it's done right, not only is it easier, it's also a lot more fun. Weight loss is really about trying to be good every day, whereas maintenance is more about balancing being good with being bad. Our maintenance program will teach you how you can successfully maintain your weight loss without feeling like you're going to be on a diet for the rest of your life. It also provides you with ongoing support and accountability so you don't slip back into old habits and end up gaining your weight back again.

CLICK FOR  
PRICING  
(/PRICING)

# Don't live in Southern California?

We have a Long Distance Weight Loss Program  
that is just as successful as being here in person.

[CLICK FOR MORE INFO \(/LONGDISTANCE/\)](/LONGDISTANCE/)

(htt)

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[FREQUENTLY ASKED QUESTIONS \(/FAQS\)](/FAQS/)  
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## Subscribe

Sign up with your email address to receive One Life newsletters. We won't ever spam you.

Email Address

SIGN UP

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All information provided is intended for informational purposes only and is not intended to be a substitute for medical treatment by a health care professional.



CINCINNATI  
LOUISVILLE

Join the program now for just \$89

**19**  
YEARS

**WEIGHT LOSS PRACTICE**

Board Certified Physicians Specializing in Weight Loss

**OUR PROGRAM**

## STAFF DIETITIANS ASSIST PATIENTS

in the training needed to prepare and eat a balanced diet

**LEARN MORE**

# 85

**STAFF  
COMMITTED  
TO YOUR  
SUCCESS**

**MEET OUR PHYSICIANS**

## *Patients love our Dietitian's recipes and food suggestions!*

With three dietitians on staff, along with our board certified physicians, we will guide you on a healthy weight loss journey.

Our dietitians are experts in the use of food and nutrition to promote health and manage disease. They advise our patients on what to eat in order to lead a healthy lifestyle or achieve a specific health-related goal.

The role of food in preventing and treating diseases, such as diabetes, is now well known.

*Asparagus  
with lemon  
caper sauce*



**Stay Up To Date**  
*on our blog*

*Follow us for helpful Figure Weight Loss tips*



**Keep Healthy Food Around in Case You Get Hungry**

Planning your snacks ahead of time and making sure they are readily available will help you avoid the higher calorie low nutrient snack machine. Try ...

[Read More](#)



### **Use Smaller Plates**

Studies have proven over and over again that smaller plates lead to smaller portions & less calories consumed. When you place a piece of food ...

[Read More](#)



### **Filling Foods that Won't Pack on Pounds**

Many experts now recommend getting 25 to 30 grams of protein at each meal. This is especially important at breakfast, a meal that's often heavier ...

[Read More](#)

# Start Your Journey Today!

Our Program. Your Success.

CONNECT WITH US

## *Make an Appointment*

Our staff is happy to answer any questions you may have about losing weight on the Figure Weight Loss Program. Please contact us via phone or fill out the form for more information.

**Figure Weight Loss**  
**Greater Cincinnati**  
859.287.4770

**Louisville Kentucky**  
502.443.1812

Name \*

Email \*

Location \*

Subject

Message

Send

# Figure Weight Loss Locations

## Northern Kentucky/Cincinnati

157 Barnwood Drive  
Edgewood, KY 41017  
859.287.4770

☰ Cincinnati Paperwork


## Louisville

2108 South Hurstbourne Parkway  
Louisville, KY 40220  
502.443.1812

☰ Louisville Paperwork



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healthy weight loss delivered

MENU HOW IT WORKS WOMEN MEN SUCCESS REVIEWS

SHOP



## weight loss meals

Who knew that diet food plans could look like this? At bistroMD, we reject the idea that healthy weight loss food must be bland and boring. We are passionate about providing delicious and healthy meal delivery plans that are perfectly suited for weight loss. BistroMD diet delivery is weight loss without the sacrifice.

### Breakfast



### Lunch



### Dinner



See More

## weight loss diet plans

Losing weight can be complicated. Why not let us do the hard work for you? Our programs are created using Dr. Cederquist's proven science for healthy weight loss and convenient healthy food delivery right to your door. It doesn't get easier than this.



### Full Week Program

- 7 breakfasts, 7 lunches and 6 dinners to include My Night
- Relax, we've got you covered every day of the week



### Work Week Program

- 5 breakfasts, 5 lunches and 5 dinners
- Great option if you want to do weekends on your own



### Your Program, Your Way

- Want just lunches and dinners? It's easy to create a custom program.
- Call us at (866) 401-3438 and we'll customize a program for you.

SEE WOMEN'S PROGRAMS

SEE MEN'S PROGRAMS



# reality check

## YOUR FREE DIET ANALYSIS

Simply answer a few questions so we can figure out your weight loss goals and provide solutions for a lighter, healthier you. Our weight loss meal plans are designed to help real people achieve real and lasting success.

*Height - (Feet)	*Height - (Inches)
*Current Weight	Goal Weight
*Email Address	GET MY RESULTS >

Yes, send me the Weekly Dish on Health.

We don't share your information with anyone else, period. [Privacy Policy](#)

## real stories from real people

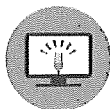
The bistroMD diet food delivery service was created by Dr. Cederquist as a customizable diet food delivery service to fulfill the real needs of her patients. With 20 years of real success, we are on a mission to help real people achieve real results. Join us today!



Lisette's story   Chris's story   Lisa's story

## tools & support

Customize Your Program



**You're in control. Use "My bistroMD", our members-only interface, to see your menu in advance and select the entrees you would like for each and every day and week.**

Choose from savory and delicious entrees. Our dietitians create a recommended program that is nutritionally balanced for healthy weight loss that you customize.

Connect with our Experts



**Connect with our team of experts; the M.D., our Registered Dietitians, and fitness expert**

Receive weekly program materials, newsletters, reports, and exclusive access to webinars

Set up FREE consultations with your own personal Registered Dietitian

Health Library



Find all of the health and weight loss information you need to achieve your goals in one convenient location.

Sign up for the Weekly Dish on Health, bistroMD's free weekly newsletter.

Access weight loss resources, and read up on fitness and nutrition tips.

# why bistroMD works:

- ✓ Nutritionally balanced diet meals - breakfast, lunch, and dinner delivered to your door
- ✓ Customized physician-designed diet food plans for women and men
- ✓ Scientifically proven healthy meal delivery plans developed by Dr. Cederquist to target fat
- ✓ Individualized support along every step of your diet delivery journey to success

## our promise to you:

I have spent the past 20 years helping people achieve successful weight maintenance. We want to be your partner in your wellness.



-Dr. Caroline J. Cederquist, M.D.

SEE MENU

GET STARTED NOW

## bistroMD

is a revolutionary diet food delivery service.

We are consistently ranked number one in diet meal delivery, and have been named the Best Meal Delivery Diet of 2013 by the independent review site DietsInReview.com. It is our passion to provide gourmet meals in the comfort and convenience of your own home. Dr. Caroline Cederquist has been helping people achieve their weight loss goals for the past 20 years, and is committed to helping you achieve yours. She works with our team of registered dietitians to create and deliver healthy, balanced weight loss meal delivery plans to meet your individual needs. Each meal is prepared using only the freshest ingredients, so that quality and taste are never sacrificed. BistroMD is more than just diet meals delivered to your door. We offer the tools and support that you need in order to keep your progress on track, and we are committed to helping you reach your weight loss goals. Our health library is available for your convenience, and includes our weekly newsletter and access to unlimited diet and fitness tips so you can maximize your diet plan and see rapid results. Let us show you why bistroMD has consistently received top reviews for being the best home diet delivery plan available, and improve your health and well-being today!

as seen on...



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Get free support to help you lose weight and be healthy with our Weekly Dish on Health.

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### About bistroMD Diet Delivery

- Our People
- The Foodie & The MD
- Food Innovation
- Affiliate Program
- Corporate Wellness Program
- Media Kit

### Health Library

- Health tips
- Weight Loss Tips
- Diet Solutions
- Eating on a Diet
- Healthy Recipes

### Why bistroMD

- How bistroMD Works
- The Science of Healthy Weight Loss
- Real Life Success Stories
- Media Room
- bistroMD Diet Reviews

### Specialty Programs

- Gluten Free
- Diabetic Program
- Menopause Program
- 17 Day Diet Meal Delivery

### Healthy Weight Loss Food Featured Articles Delivered

- Our Menu
- Women's Weight Loss Programs
- Men's Weight Loss Programs
- Customizing on bistroMD
- Coupons & Special Offers
- Diet Delivered to All 50 States

- Health Benefits of a Gluten Free Diet
- Diet Delivery: The Perfect Solutions for Healthy Weight Loss
- How to Lose Weight without the Sacrifice
- Weight Loss Program Helps Mia Increase Energy Levels
- It's a Fact-Study Shows Prepared Meals Spur Weight Loss Results

### Help

- FAQs
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- Terms & Conditions
- Web Store Sales Terms
- Privacy Policy

### Weight Loss Special Reports

- The Menopause Metabolism

### Weight Loss Resources

- Free Diet Analysis

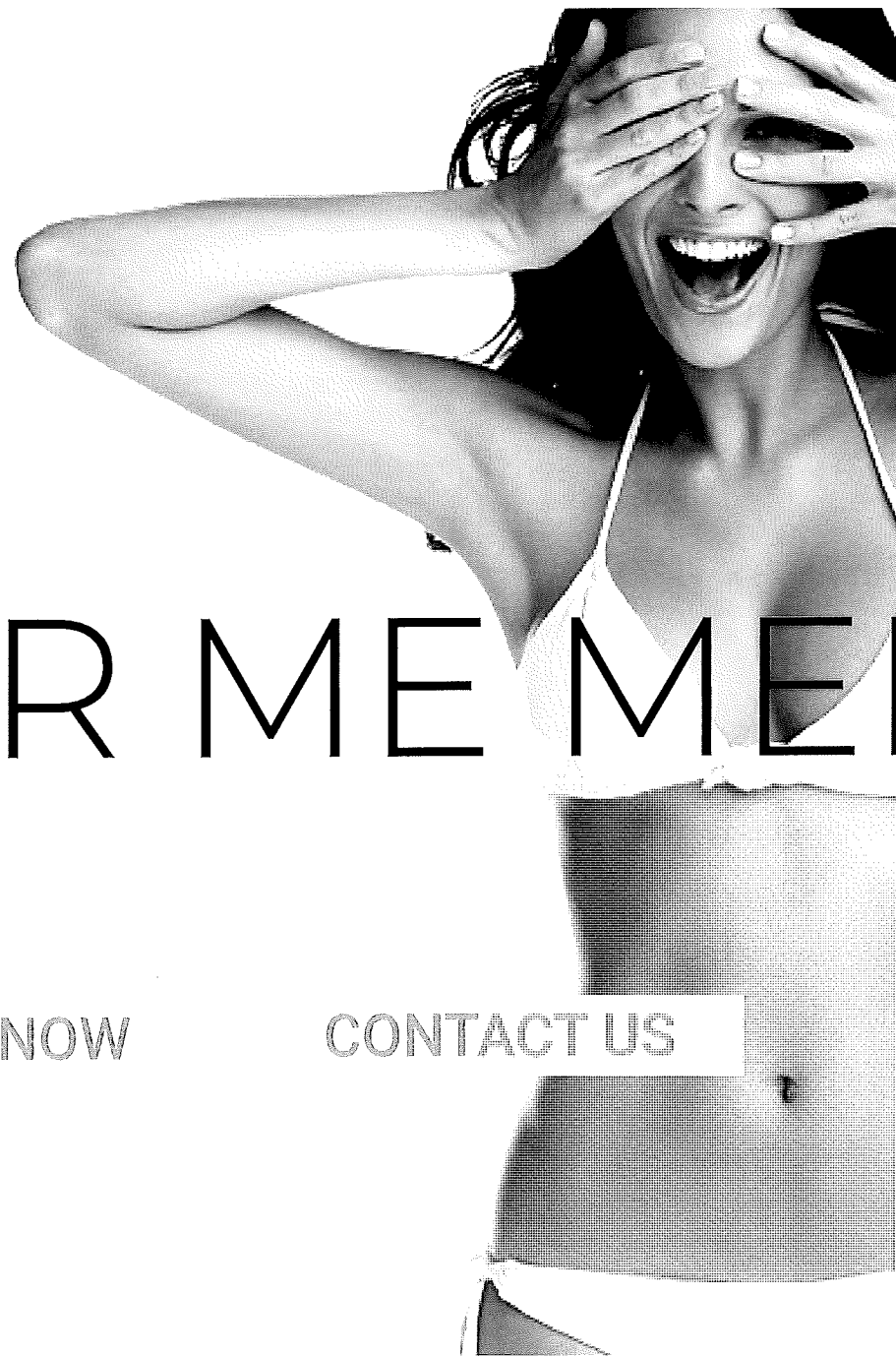
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 All testimonials presented on bistroMD.com are provided by real bistroMD program members.  
 Weight loss results are self-reported by our members, and individual weight loss results from person to person will vary.

*Slender Me Medical*  
Weight Loss and Aesthetics Center, Inc.  
A Professional Medical Corporation

Corona Location    Irvine Location  
**951-898-8515    949-559-5130**



Make an appointment



SLENDER ME MEDICAL

BOOK NOW

CONTACT US



# Slender Me Medical

## Weight Loss & Aesthetics Center

With two convenient locations in Corona and Irvine, we specialize in weight loss therapies to revitalize and rejuvenate your health. Since 2011, we have provided safe and effective services to patients in Southern California helping men and women look and feel their best.

### Request More Information

Your name

Email

Phone

Service



Weight Loss



Hormone Balancing

ces are conveniently located in Riverside and Orange County and provide ample parking at both location:  
rofessional yet private and comfortable setting for all your medical needs.



## Our Clients Say

### Testimonials



☆☆☆☆☆

Slender Me is helping me restore my health. The entire staff is warm and friendly and the office is beautiful. Jennifer Seguanica, MSN, FNP-C Practitioner, has worked closely with me the past year with Hormone Replacement Therapy and I feel great.

Belinda C. -Corona,

# Slender Me Medical

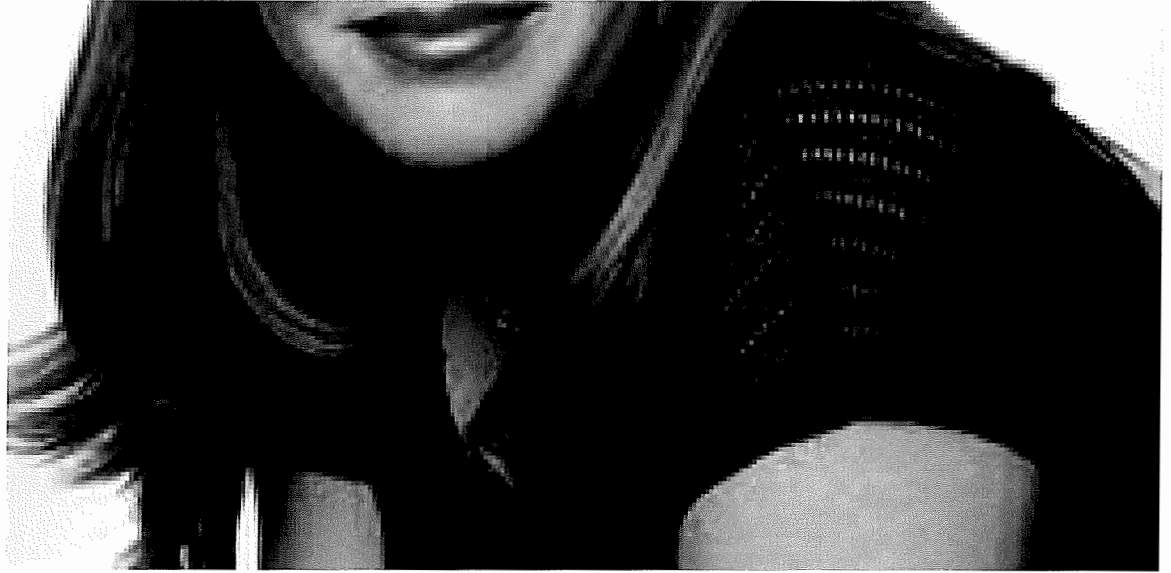
Helping You Lose Weight, Look Good and Feel Great

Our Team of Licensed Professionals



Shahed Rahman, MD  
Physician





Jennifer Seguancia, MSN, FNP-C

Nurse Practitioner


About u

# News and Healthy Tips

## Blog feed




When your hormones need balance... what are the signs?

📅 August 8, 2018 by  
Natalieguse  0



Multivitamins vs  
Vitamin Injections

📅 July 10, 2018 by  
Natalieguse  0

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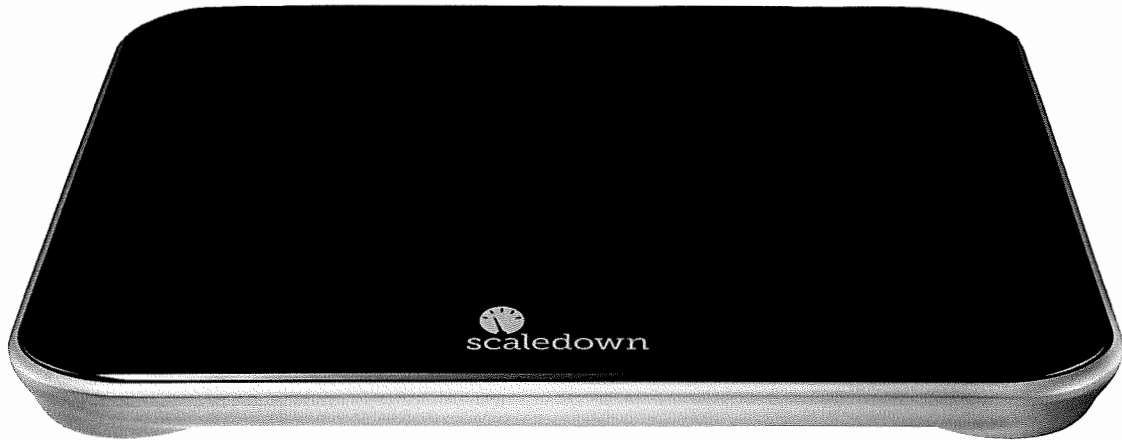
[info@slendermemedical.com](mailto:info@slendermemedical.com)

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Make an Ap



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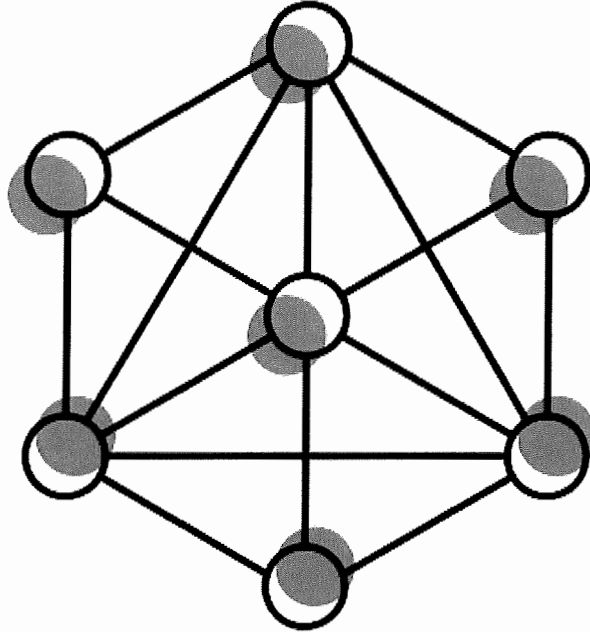


## Weight management for your patients and employees.

A clinically proven program that uses individualized feedback to promote healthy behavior and consistent weight management.

---

Just science,  
no snake oil



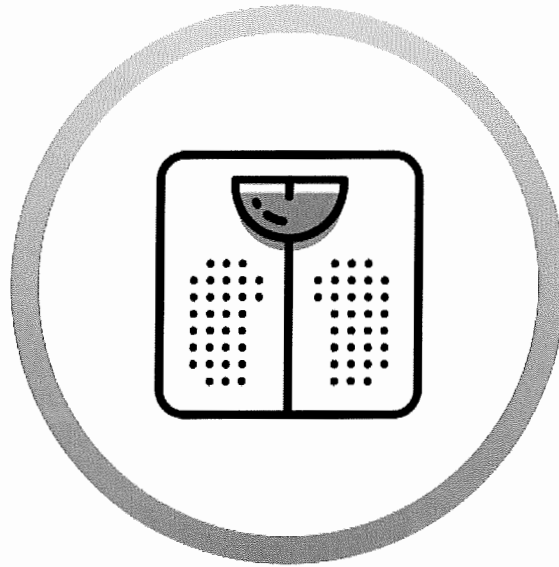
ScaleDown is based on our clinical trial and decades of research with thousands of patients learning what works.

Tracking alone won't work. Patients need meaningful feedback, in real time, to get results. ScaleDown users get engaged with our individual responsive feedback and **stay** engaged.

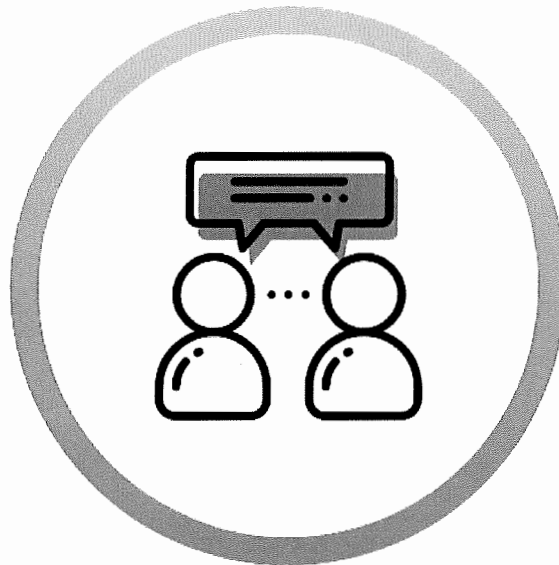
Over 90% of ScaleDown users achieve clinically meaningful weight loss at 6 months. Our users engage almost daily month after month-- even after 6 months.

## How ScaleDown works





Daily Weighing



Individualized Feedback



## Tracking & Analytics

### Set habits, not goals

By forming daily habits, people are more likely to continue with the weight loss program

### Small, sustainable changes

By personalizing on factors like preferences and context, we drive small, sustained behavior change

### Tracking isn't enough

Without feedback, research shows people don't get the same weight loss - they lose about 40% less! The best way to lose weight is the combination of daily weighing AND individualized feedback.

### Long term success

By individualizing the program, users stay engaged over the long term.

---

## What's included

- Smart scale
- Individualized daily feedback
- Weekly summary email
- Weight management lessons

## **Clinician**

---

Affordable for your patients

Access to patient data and analytics

Fits into a wholistic treatment plan

## **Employee Wellness**

---

Proven results

Meaningful ROI for healthcare's biggest cost

## **Consumer**

---

Lose weight on a schedule that works for you

Positive accountabilities

Motivation

# See what our members are saying:

I tell people about ScaleDown all the time. Busy people want to lose weight but don't have time ...  
This is a perfect at-home solution. It's easy but you are still accountable for your weight.

- Karen

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An advertisement for Physicians Weight Loss Centers. It features a woman in a black dress standing with her hands on her hips. To her left is a testimonial from Tricia, who lost 112 pounds. The testimonial includes a quote: "I got serious - about taking control and being the best version of myself". Below the quote is a small photo of Tricia before her weight loss. To the right of the woman is a large dark circle containing the text "Lose up to 20 lbs in 4 weeks" and a "GET STARTED" button. Below the button is a short paragraph: "Imagine yourself 20 pounds lighter by this time next month! Our programs and products make it possible. All you have to do is give it a shot!"

(/join-today)



## Our clients have lost over 52 million pounds!

What sets Physicians WEIGHT LOSS Centers apart is that we are with you every day, every pound of the way!

We have developed six distinct and effective weight loss systems to meet the different lifestyle needs of each individual. Find the program (/weight-loss-programs) that works for you.

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(/online-diet-store)



(/get-started-today)

**FREE WEIGHT LOSS ANALYSIS**

Find out what it will take to get to your goal weight! Get your results and free offers today.

Gender ▼

Height (feet)

inches

Weight (lbs)

Age

First Name

Last Name

Email

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[Health Management Group \(http://www.healthmanagementgroup.com\)](http://www.healthmanagementgroup.com)



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[WEIGHT LOSS CENTERS \(HTTP://LIWLI.COM/WEIGHT-LOSS-CENTERS-LONG-ISLAND/\)](http://LIWLI.COM/WEIGHT-LOSS-CENTERS-LONG-ISLAND/)

[PATIENT LOGIN \(HTTPS://LIWLI.HEALTHTRAC.FIT/\)](https://LIWLI.HEALTHTRAC.FIT/)



[MENU](#)

Helping Long Island to lose weight and keep it off since 2001

Visits covered by most insurance carriers. To find out if your visits are covered by your insurance, call us or email us for details.

EAST MEADOW

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AMITYVILLE

631.366.2333

SMITHTOWN

631.366.2333

**REQUEST YOUR CONSULTATION NOW!** (<http://liwli.com/request-a-consultation/>)

Physician Supervised Medical Weight Loss With a Solid Track Record of Proven Results  
Long Island Weight Loss Institute is a medical weight loss clinic that helps individuals lose weight through various physician supervised medical weight loss programs. Run by Dr. Michael Kaplan, the Long Island Weight Loss Institute has helped many people lose weight, naturally improve diabetes and hypertension management, and look and feel their best with proven medical weight loss diet programs.

> [WATCH MORE VIDEOS \(HTTP://LIWLI.COM/LONG-ISLAND-WEIGHT-LOSS-VIDEOS/\)](http://LIWLI.COM/LONG-ISLAND-WEIGHT-LOSS-VIDEOS/)

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\* INDIVIDUAL RESULTS MAY VARY

LIWLI in the News



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<http://video.foxnews.com/v/4377860199001/can-you-be-healthy-if-youre-very-overweight>

Fox News | July 27, 2015

> [WATCH VIDEO \(HTTP://VIDEO.FOXNEWS.COM/V/4377860199001/CAN-YOU-BE-HEALTHY-IF-YOURE-VERY-OVERWEIGHT\)](http://video.foxnews.com/v/4377860199001/can-you-be-healthy-if-youre-very-overweight)



## How Your Insurance Could Pay to Help You Lose Weight

([https://gma.yahoo.com/video/insurance-could-pay-help-lose-133946271.html?soc\\_src=default](https://gma.yahoo.com/video/insurance-could-pay-help-lose-133946271.html?soc_src=default))

Good Morning America | July 10, 2015

> [WATCH VIDEO \(HTTPS://GMA.YAHOO.COM/VIDEO/INSURANCE-COULD-PAY-HELP-LOSE-133946271.HTML?SOC\\_SRC=DEFAULT\)](https://gma.yahoo.com/video/insurance-could-pay-help-lose-133946271.html?soc_src=default)

> [MORE LIWLI IN THE NEWS \(HTTP://LIWLI.COM/LONG-ISLAND-DIET-PROGRAM-DIFFERENCE/IN-THE-NEWS/\)](http://liwli.com/long-island-diet-program-difference/in-the-news/)

### Success Stories

"I've be coming here since July of 2012 and I have been losing weight ever since. I feel so much better since I lost the weight. I have much more confidence, much more "get up and go," much more energy... I feel great!"

- *DIANE*

> [WATCH VIDEO TESTIMONIALS \(HTTP://LIWLI.COM/WEIGHT-LOSS-SUCCESS-STORIES/\)](http://liwli.com/weight-loss-success-stories/)



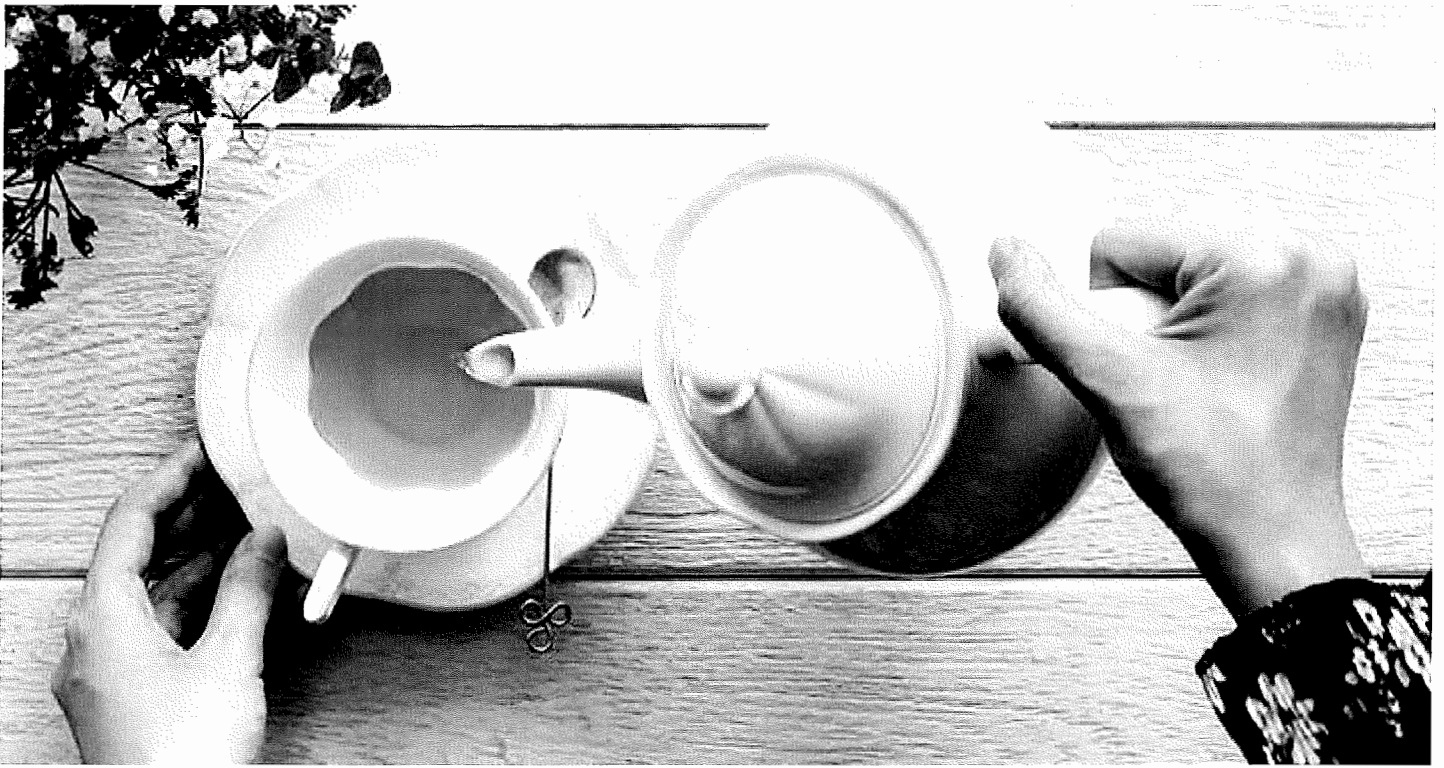


[\(http://liwli.com/sugar-reset-plan-get-off-sugar/\)](http://liwli.com/sugar-reset-plan-get-off-sugar/).

JULY 26TH, 2018

[Sugar Reset: Your 1 Month Plan to Get Off Sugar \(http://liwli.com/sugar-reset-plan-get-off-sugar/\)](http://liwli.com/sugar-reset-plan-get-off-sugar/).

Is sugar just a sweetener, or an addictive substance on par with a drug? Depending on which experts you ask, the answer may surprise you. While we are primed to want the sweet taste of



[\(http://liwli.com/detox-teas-weight-loss/\)](http://liwli.com/detox-teas-weight-loss/).

JULY 18TH, 2018

[Detox Teas: Are They Worth the Hype? \(http://liwli.com/detox-teas-weight-loss/\)](http://liwli.com/detox-teas-weight-loss/).

Detox teas claim they can help do everything from rid your body of toxins, boost your energy levels, make you look better, and help you lose weight. If all that sounds like a lot to



[\(http://liwli.com/anti-inflammatory-diet-2/\)](http://liwli.com/anti-inflammatory-diet-2/)

JUNE 22ND, 2018

[The Anti-Inflammatory Diet \(http://liwli.com/anti-inflammatory-diet-2/\)](http://liwli.com/anti-inflammatory-diet-2/)

Inflammation is the body's natural response to injury or illness. Swelling is a sign of increased blood and lymph flow as cells rush to repair damage or fight infection, and usually goes away once healing



Contact LIWLI Today!

Contact the medical weight loss experts at LIWLI to see why we've been helping Long Island lose weight and keep it off since 2001!

REQUEST YOUR CONSULTATION NOW! (<http://liwli.com/request-a-consultation/>)

We're Social

Please connect with us on social media for program updates and special offers!



[https://www.facebook.com/pages/Long-](https://www.facebook.com/pages/Long-Island-Weight-Loss-Institute/1536904386542488?ref=ts)

[Island-](https://www.facebook.com/pages/Long-Island-Weight-Loss-Institute/1536904386542488?ref=ts)

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[ref=ts](https://www.facebook.com/pages/Long-Island-Weight-Loss-Institute/1536904386542488?ref=ts) (<https://www.youtube.com/channel/UCYVmQ7AKiMeafSd78ml9Arg>)

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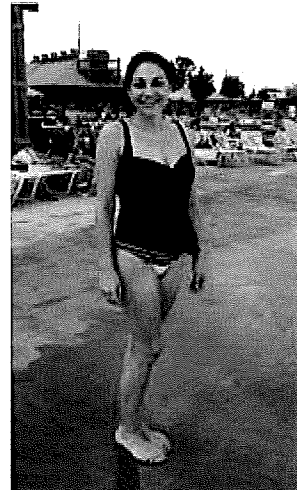
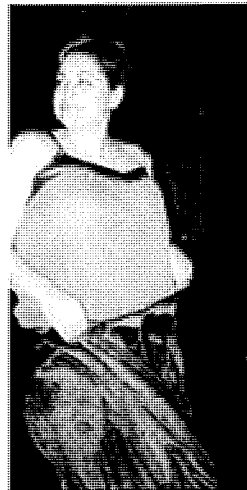


(/)

**YMCA OF GREATER CLEVELAND**

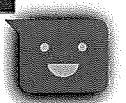
# THE REAL YOU<sup>®</sup>

WEIGHT LOSS PROGRAM



9.jpg

Help us improve by sharing your feedback.







## Are those extra pounds hiding the real you?

The Real You Weight Loss program is 8-weeks long and promotes nutrition, wellness and physical activity. This unique program is for people age 18 and up who are looking to build healthier habits, to feel better and to lose/maintain weight.

You and other like-minded participants in the program will meet for twice a week to:

- Set realistic goals and receive coaching on how to make progress each week
- Find support in group discussions, guided by trained Y staff
- Learn about fitness, nutrition and healthy habits—including topics like portion size, grocery shopping, eating healthy in social situations, hydration, sleep, exercise and more
- Weekly weigh-ins and monthly measurements to track your progress
- Participate in physical activities twice per week including homework activity

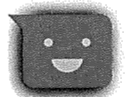
## What you'll get:

You will receive individual guidance on reaching your goals, as well as group sessions where you should come prepared to learn, share your journey and dressed to exercise. After you complete the program, you should expect to feel confident in continuing to work toward or maintain your individual goals.

## Begin the journey towards the REAL YOU today!

Registration is required and is discounted for Y Members.

Help us improve by sharing your feedback.



The Real You Weight Loss program availability varies by location—stop by Member Services at your local Y (/locations.html) for more information, or register online

([https://operations.daxko.com/Online/3041/Programs/search.mvc/sessions?program\\_id=68073](https://operations.daxko.com/Online/3041/Programs/search.mvc/sessions?program_id=68073)).

**YMCA OF GREATER CLEVELAND**

## Get Started Today!

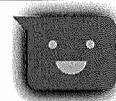
**([https://operations.daxko.com/Online/3041/Programs/search.mvc/sessions?program\\_id=68073](https://operations.daxko.com/Online/3041/Programs/search.mvc/sessions?program_id=68073))**

**Have Questions? Contact Us (<mailto:lmcvvey@clevelandymca.org>)**

### Current participating branches

- French Creek Family YMCA
- Geauga Family YMCA
- Hillcrest Family YMCA
- Lakewood Family YMCA
- Parker Hannifin Downtown YMCA
- North Royalton Family YMCA
- Warrensville Heights Family YMCA
- West Park Family YMCA

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your feedback.



## LOCATIONS



[Parker Hannifin Downtown \(/parker-hannifin-downtown.html\)](#)

**YMCA OF GREATER CLEVELAND**  
[French Creek \(Avon\) \(/french-creek-avon.html\)](#)

[Garrettsville \(/garrettsville.html\)](#)

[Geauga \(Chardon\) \(/geauga-chardon.html\)](#)

[Hillcrest \(Lyndhurst\) \(/hillcrest-lyndhurst.html\)](#)

[Lakewood \(/lakewood.html\)](#)

[North Royalton \(/north-royalton.html\)](#)

[Vermilion \(/vermilion.html\)](#)

[Warrensville Heights \(/warrensville-heights.html\) \(/\)](#)

[West Park-Fairview](#)

[\(/west-park-fairview.html\)West Shore \(Westlake\) \(/west-shore-westlake.html\)](#)

## QUICK LINKS

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[Child Care \(/child-care.html\)](#)

[Make a Donation \(/give.html\)](#)

[Careers \(/employment.html\)](#)

[Guest Pass \(http://www.emailmeform.com/builder/form/asccx51Kdj3\)](http://www.emailmeform.com/builder/form/asccx51Kdj3)

[Member Handbook \(/uploads/2/5/2/8/25280116/memberhandbook-2017.pdf\)](#)

[FAQ \(/faq.html\)](#)

[Contact Us \(/contact-us.html\)](#)

## NEWS & EVENTS

[Media Resources \(/\)](#)

## FACILITY NOTIFICATIONS

[Weather and Closing Policy \(/uploads/2/5/2/8/25280116/weatherpolicyrevised.pdf\)](#)

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\\ Employee Resources (/employee-resources.html)

## YMCA OF GREATER CLEVELAND

>

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New Patient Hotline: 877-Dam-Thin (877-326-8446)

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	<p><b>The Weight Loss MD Difference</b> Safe, efficient, and professional custom weight loss programs.</p> <p><b>Transformed* Lives</b> See for yourself. Over 10,000 Atlanta success stories speak for themselves.</p> <p><b>Customized Plans</b> Flexible Individualized Weight Loss Programs.</p> <p><b>Multiple Locations To Serve You</b> Alpharetta, Dunwoody, Marietta, Norcross, and Cumming</p>
--	--

**Customized Weight Loss Programs To Fit Your Life!**

At WeightLoss MD you will receive a customized weight loss program that includes personal medical counseling from our wonderful providers. We will monitor your progress and make the necessary adjustments that will allow you to best achieve your short and long term goals. Although our primary goal is to help you reach your target weight quickly and easily, the focus of care is to allow you to maintain your weight loss so that you will not put the weight back on after you complete our medical weight loss program.

Our Atlanta area weight loss clinics offer the latest FDA-approved weight loss prescription medications along with B12, B complex, and Lipo Plus injections. Our optional nutritional products are available only from medical doctors. You are serious about losing weight and weight loss is all we do. You will find our weight loss doctors and nurse practitioners to be experts on weight related illnesses, obesity, nutrition, fitness, prescription medications and behavioral motivation and modification.

We are the largest non-franchise Medically Supervised Weight Loss practice in Georgia. We have WeightLoss MD locations in Alpharetta, Dunwoody, Marietta, Norcross and Cumming.

**Stop by today, or call us at 1-877-326-8446**

Let's talk about your lighter, brighter future. Weight loss is very hard. WeightLoss MD is very easy.

*Ask about no interest financing.*

**COMPANY INFO**

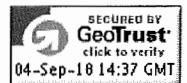
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## Let Me Help You Understand Why You Have Not Been Able To Achieve Long Lasting Weight Loss.

The ability to achieve long lasting weight loss gets harder as we get older. Have you every wondered why?

You may have tried many different things- diets, exercise, the latest weight loss supplement that has been proclaimed to be a weight loss miracle- without success.

Or, you may have been successful in losing a few pounds after a lot of effort only to regain the weight again within 6 months or a year.

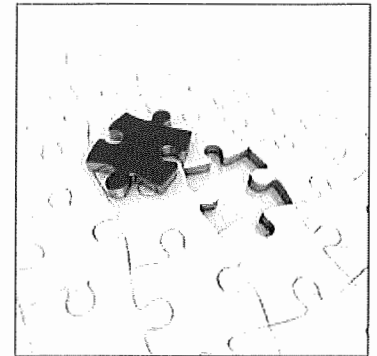
### But the big question is...

**What if there is a missing part of the weight loss puzzle that you fully do not understand that could help relieve the stress and overwhelm of achieving long lasting weight loss?**

I'm talking about a scientifically proven explanation and solution for your inability to achieve long lasting weight loss as you get older.

What if there was a system that shows you finally how to achieve and truly own your weight loss?

The problem is that if you are like most people, you may lose a few pounds after several weeks or months of dieting but then gain it all back- plus some- after you go off your diet or stop exercising.



### BUT WHAT IF THERE IS A BETTER WAY?

Since 2005, I've helped hundreds of patients achieve long lasting weight loss using strategies, tools and the latest breakthroughs to naturally turn on their weight loss hormones.

And now, for the first time ever, I'm revealing the exact system that can help you to finally understand why you are not losing weight by teaching you how to naturally optimize 20 weight loss hormones that your body makes.

### Let Me Show You How To Achieve Long Lasting Weight Loss and Experience More Energy and Health.

If you've ever been frustrated with your inability to keep weight off for good, overwhelmed by all of the information thrown at you about the latest way to lose weight- the latest miracle pill, the latest super food, the newest exercise trend... and on and on...

### This is the solution...

Introducing The Optimal Hormone  
Weight Loss System™:

## Strategies, Tools and Breakthroughs To Naturally Turn On Your Weight Loss Hormones

### The Story Behind This Course

Since 2005, I've worked with hundreds of clients in my private medical practice in Anti-Aging and Regenerative Medicine. I've seen first hand what works and what doesn't work when it comes to long lasting weight loss.

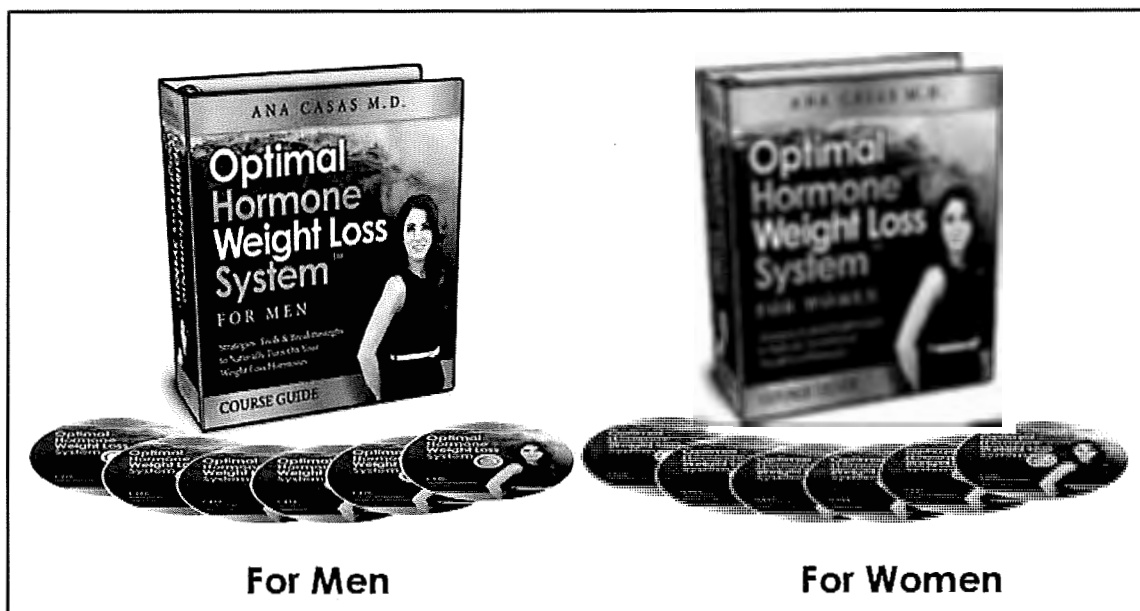
I've discovered that hormones are the missing piece of the weight loss puzzle as people get older. When someone is young and hormones are optimal, it is easier to lose weight and keep it off. As a person ages, hormone imbalances occur- for many different reasons- and this leads to the inability to lose weight for good.

I've developed a system of my own strategies, tools and breakthroughs based on proven scientific studies and from closely working with my own patients over the last 20 years. I've developed a way to easily understand 20 weight loss hormones and how to naturally turn them on using nutrition, supplementation and exercise.

I want to share this information with everyone I know, but my time is limited.

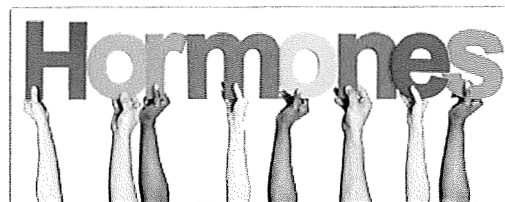
So, I created the Optimal Hormone Weight Loss System™ to give EVERYONE access to the system I have developed using the exact strategies, methods and breakthroughs that I use with my private pay clients.

Now you have the advantage of getting my very best scientifically based and proven system so that you can learn- in the privacy of your own home – how you can turn on your weight loss hormones to achieve long lasting weight loss.



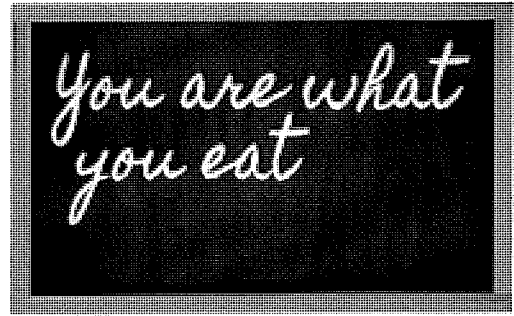
## Welcome To Long Lasting Weight Loss

**Module 1** is an introduction to hormones and specifically to 20 hormones that affect weight and how to optimize them naturally.



**Module 2** is all about nutrition and how you can optimize your hormones for weight loss by what you choose to eat and drink. You

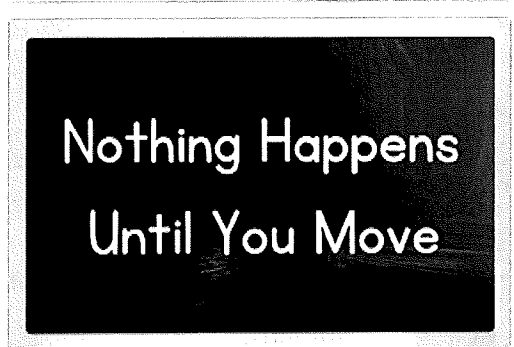
will learn the first step is to reduce your appetite naturally with ten easy strategies you can implement right away.



**Module 3** is all about supplements and specifically, the top supplements that optimize the 20 weight loss hormones for long lasting weight loss.



**Module 4** is about exercise and specifically about how to use effectively and efficiently a strategy with any form of exercise to turn on your weight loss hormones for up to 24 hours after you finish your workout.



**Module 5** covers advanced hormone optimization and discusses bio-identical hormone replacement- which may be an option- if after trying natural hormone optimization you continue to have symptoms of weight loss resistance.



## What's Included In Your Program

### The Course Guide

The Optimal Hormone Weight Loss System™ contains 5 Modules that walk you through the exact steps you can take to understand your weight loss hormones and how to optimize them naturally to achieve long lasting weight loss.

Each module is included in your 500 page course guide organized in a neat 3- ring binder.

I created the modules to make it really easy for you to understand the information. I spent countless hours personally researching and writing the information in this course based on the most up to date scientific



information available.

It's the most state-of-the-art information on this topic and you will not find this kind of course anywhere else.

Each module is easy to read and understand. There are easy to implement exercises to help you apply the information. All of the information is presented in a practical and down to earth way.

I've also included an audio component- of 6 CDs- including a quick start CD as a bonus to introduce you to the system and get you started right away.

## The Audios


Your program comes with 6 audio CDs- one for each module- and includes a Bonus Quick Start CD that introduces you to the course and how to obtain the most from it as soon as possible. You can listen to the CDs in your car, at home, while you travel...wherever you learn best.

These audio CDs go through each module in your course guide.

They are high quality audios in which I personally walk you through the information in an easy to understand conversation.

I've also included transcripts of all of the audios so that you can refer to the information while you listen and take notes.

## MY GUARANTEE



**I guarantee the absolute quality of this course- of every module and every CD audio- in the Optimal Hormone Weight Loss System™ will exceed your every expectation.**

**All of the materials have been prepared with the greatest of care to ensure you learn quickly and easily this missing piece of the puzzle for achieving long lasting weight loss.**

**If you're not 100% satisfied with this product, just contact me by e-mail to let me know. The Optimal Hormone Weight Loss System™ comes with my 30-day credit-refund guarantee-full credit to use on any future product that I produce when you return the product in it's original condition within 30 days of your date of purchase. That's my promise.**

So, if you:

- have been looking for an opportunity to learn about the missing piece of the weight loss puzzle**
- finally find an answer to the question regarding why you are not owning your weight loss**
- finally find a solution that uses the latest strategies, tools and breakthroughs to achieve long lasting weight loss**

If not now,  
when?

Then grab your's now!

Many of you have been asking for a course like this for quite some time, and I'm so excited to share my scientifically based and proven system with you.

**\$297**

**Buy Now**

~~**\$597**~~  
**Now \$497**

**Buy Now**

**\$297**

**Buy Now**

**One last bit of wisdom:** If you keep doing what you've always been doing, you will keep getting what you've always been getting.

Let me show you the missing piece of the weight loss puzzle. Imagine how relieved and excited you'll feel to have a scientifically based and proven system to follow for owning your weight loss.

You are going to love it.

Wishing you all the weight loss you deserve,



Ana Casas M.D.  
dracasas@optimalhormoneweightloss.com

[Affiliates](#)

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Phone: (404) 210 9969 Address: Ana Casas M.D. International LLC 1 Tara Blvd Suite #200 Nashua, NH 03062



## Simply Lean Medical Weight Loss

Home / Health and Wellness / Simply Lean Medical Weight Loss

### Why weight?

Few lifestyle changes can affect your appearance and your overall health as dramatically as weight loss. But many of us have struggled throughout our lives with weight management issues. At Renu Medispa, we are committed to science-based, effective, long-term weight management solutions. That's why we are so thrilled to offer Simply Lean to our clients.

### The Simply Lean solution

Whether you've struggled with your weight your whole life or just want to lose a few unwanted extra pounds, Simply Lean may be the perfect solution for you. This physiological treatment effectively "resets" pancreas function, helping dieters gradually resume normal healthy eating habits without fear of rebounding. On the Simply Lean diet, if you are compliant, you WILL lose weight. It's physiologically impossible not to. Your hunger is gone, your cravings are gone, your energy is high—you just feel fantastic!

For more information about how you can look and feel your best with Simply Lean, contact a Renu professional today.

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The Best Destination for Facial Treatments: Boise, Idaho

February 25th, 2013

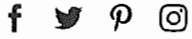
October 11th, 2010

New Supplements can turn back the clock on Skin Aging!  
January 12th, 2014

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83616

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Message from Dr. Joyce Johnson,

<http://twitter.com/drjoycej>

J's Family Weight Loss Program helps families lose weight, be healthy and feel good. Our program outlines Dietary Guidelines to help you change your habits. We help you choose exercises to get you moving and help you achieve your goals. We help families achieve results without medications and expensive equipment. We also offer you encouragement and real success stories of other people just like you who have put their minds to making healthy changes and have seen dramatic results. Remember to just keep trying! Let's work it out!

We encourage you to browse through our website. Please feel free to contact us to request more information. Our experienced staff can help you get started with Dr. J's Family Weight Loss Program.

### Description of Dr. J's Family Weight Loss Program



Weight gain is caused by excess calorie intake and / or inadequate level of exercise. Dr. J's Family Weight Loss Program addresses nutritional aspects on an individualized basis, structured to meet the special needs of the program participants.

Exercise instruction and motivation are provided through group instruction, such as low impact step aerobics, light weight training, and salsa dancing. Our staff includes a physician, personal trainers, therapist and even a fashion advisor!

Dr. J's Family Weight Loss Program is truly unique and has a proven record of success. Our program's continued success is due to the hard-working families and individuals in our program, as well as our experienced, compassionate staff.

We are here to help you achieve your goals and help families be healthy and feel good. Please feel free to contact us so that we can help you get started on Dr. J's Family Weight Loss Program!

The Family Weight Loss Program is Now Available at Matthews -Dickeys Boys' and Girls' Clubimage to view.



<https://maps.google.com/maps?ie=UTF-8&q=Matthews-Dickey+Boy%27s+%26+Girl%27s+Club&fb=1&gl=us&hq=matthews+dickey&cid=14>

### What our families are saying...



I enrolled Mallori in swimming, dance and gymnastics class so that she would become more active. Encouraging her to drink more and giving her smaller portions was also helpful.

— Mallori's Mom

Dr. Skinny Weight Loss

Laura

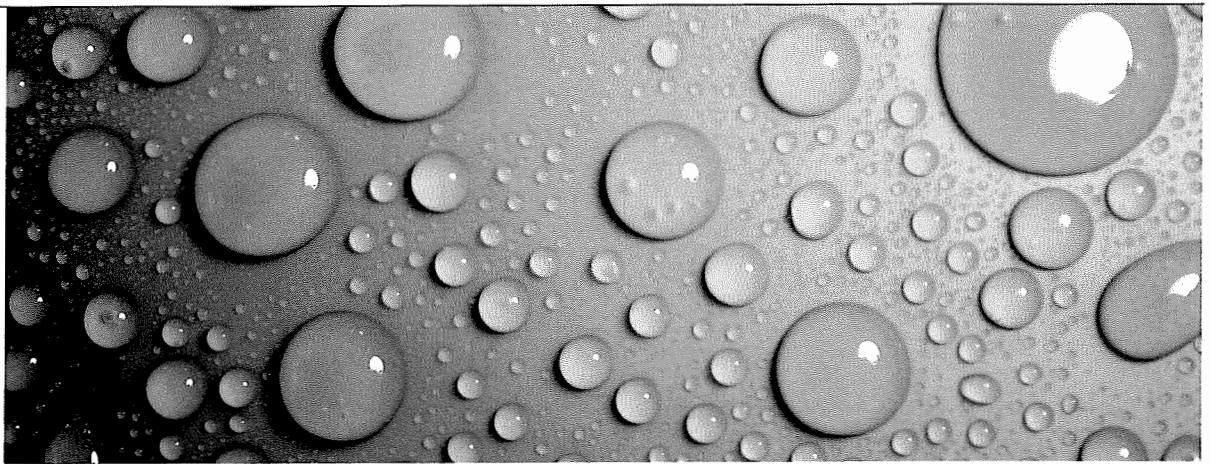
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April 7, 2014

Do you recommend Dr. Skinny Weight Loss?

Yes

No

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5.0 5 out of 5 · Based on the opinion of 1 person

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94 people like this

93 people follow this

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Dr. Skinny Weight Loss

@drskinnyweightloss

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Dr. Skinny Weight Loss

April 18, 2014 ·

Not getting enough sleep, or just getting poor sleep ? This article may help explain why you're having a hard time losing weight.



WWW.THEGUARDIAN.COM

Should I get up earlier to lose weight?

Luisa Dillner: Recent studies have found that it is not just how long we...

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Dr. Skinny Weight Loss

April 15, 2014 ·

Some of our weight loss clients are doing most everything correctly to lose weight. But the ones that don't get enough sleep seem to acquire a physiology that fights their weight loss tooth and nail . This article explains this phenomenon.

Chat (Off)

Dr. Skinny Weight Loss

Laura

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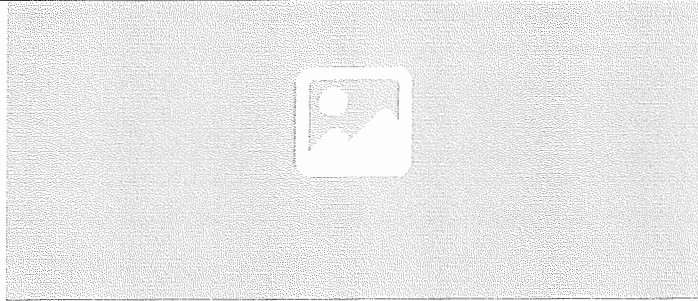


### Dr. Skinny Weight Loss

@drskinnyweightloss

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#### Dr. Skinny Weight Loss

March 20, 2014 ·

Great tips for emotional eating. I really like this article. Our brain wave retraining therapy at dr. Skinny addresses emotional eating beautifully.



WWW.HEALTH.COM

#### Emotional Eating: The Trick to Staying Slim

You can be an emotional eater and still stay slim. The tricks right here.

1

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## Welcome

We are a physician supervised medical weight loss center. Our program uses a variety of options (<weight-loss.php#who-we-are>) to address and prevent weight related chronic health problems (<problems-treated.php#diabetes-insulin-resistance>) by helping you achieve a healthy weight. The program uses a combination of nutritional guidance, appetite suppressants (diet pills), behavioral therapy, active lifestyle, and medication management to help you achieve your goals. The program is designed and run by Dr. Carl Knopke who is a recognized leader (<http://www.inlandempireweightloss.com/people.php#staff>) in Obesity Medicine. Our patients find the program affordable (<weight-loss.php#pricing>) and easy to follow. Please read further (<weight-loss.php#who-we-are>) to learn more about us.

## Zocdoc



### Dr. Carl Knopke, MD

(<https://www.zocdoc.com/doctor/carl-knopke-md-73395>)

Family Physician

★★★★★ [Read patient reviews](#)

**Call** (tel:+1-951-231-1363) or **Email** ([mailto:drknopke@inlandempireweightloss.com?subject=Questions about your program](mailto:drknopke@inlandempireweightloss.com?subject=Questions%20about%20your%20program)) \* (<contact.php>)  
 (951) 231-1363 (tel:+1-951-231-1363) or  
 (951) 774-2723 (tel:+1-951-774-2723)

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 (<https://www.google.com/maps/place/4646+Brockton+Ave,+Riverside,+CA+92506/@33.9757214,-117.3880273,17z/data=!3m1!4b1!4m5!3m4!1s0x80dcb1c117.3858386>)  
 4646 Brockton Avenue  
 Suite 302  
 Riverside, CA 92506

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 Wed 8:30a-12p & 1-5:30p  
 Thurs 7a-12p & 2-5:30p  
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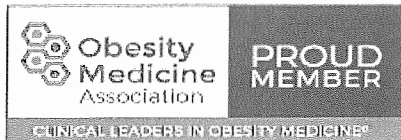
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Responses

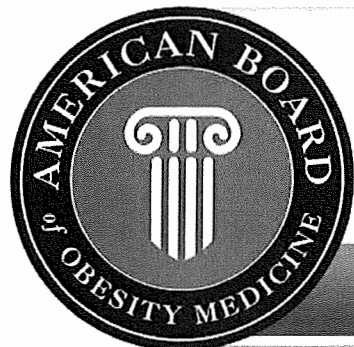
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(<http://www.healthgrades.com/review/YK7L6?cid=18bdpes0001>)

## Membership & Certifications



(<http://obesitymedicine.org/>)  
 (<http://abom.org>)  
 (<http://theabfm.org>)  
 (<https://www.yelp.com/biz/inland-empire-weight-loss-riverside>)



# AMERICAN BOARD of OBESITY MEDICINE

**CERTIFIED DIPLOMATE**



American Board  
of Family Medicine



*"I used to weigh 210lbs and now I am 135 lbs! ...Dr. Knopke is a God send, the staff, especially Veronica, is super professional...They provide service with a smile!" - Liz - \**



*\* Results will vary based on many individual factors.*

Our Social Network



(<http://www.facebook.com/pages/Inland-Empire-Weight-Loss/151698548219925>)



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Dr. G's Weight Loss & Wellness @Drgsweightloss

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It's a wellness coach!  
It's a nutritionist!  
It's a trainer!

IT'S



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Recommendations and Reviews



This is the best weight loss program I have tried, I lost more than 30 pounds, the problem is that i... See More  
October 13, 2014



Nope you will gain it right back! I don't know if it's because it comes off to quickly, but it does ... See More  
June 24, 2014



Me parece que puede ofrecer una muy buena alternativa de salud. No sólo la parte de dieta sino la i... See More  
September 9, 2014

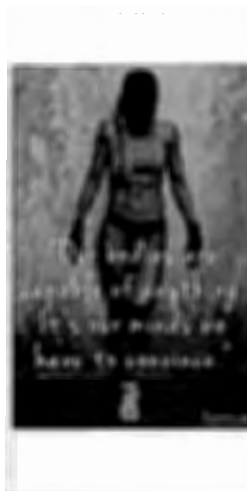
Do you recommend Dr. G's Weight Loss & Wellness?

Yes

No

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Photos



4.6 4.6 out of 5 · Based on the opinion of 65 people

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### Dr. G's Weight Loss & Wellness

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#### Videos

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#### Posts



Dr. G's Weight Loss & Wellness

September 25, 2014 ·

In order to achieve your weight loss goals, a healthy diet is important along with physical activity. Check out our latest blog to see what celebrity personal trainer Erin Oprea has to say about sodium and sugar.



DRGSWEIGHTLOSS.COM

#### Five Simple Keys to Weight Loss

There are five simple guidelines to live by if you want to achieve your weight loss goals. Erin Oprea, a personal trainer of many celebrities, stresses that focusing on your

3

7 Comments 6 Shares

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View all 7 comments



Dr. G's Weight Loss & Wellness

September 23, 2014 ·

South Florida interns come visit the Dr. G'S booth at Nova University and sign up for an internship with us!

Chat (Off)



### Dr. G's Weight Loss & Wellness

@Drgsweightloss

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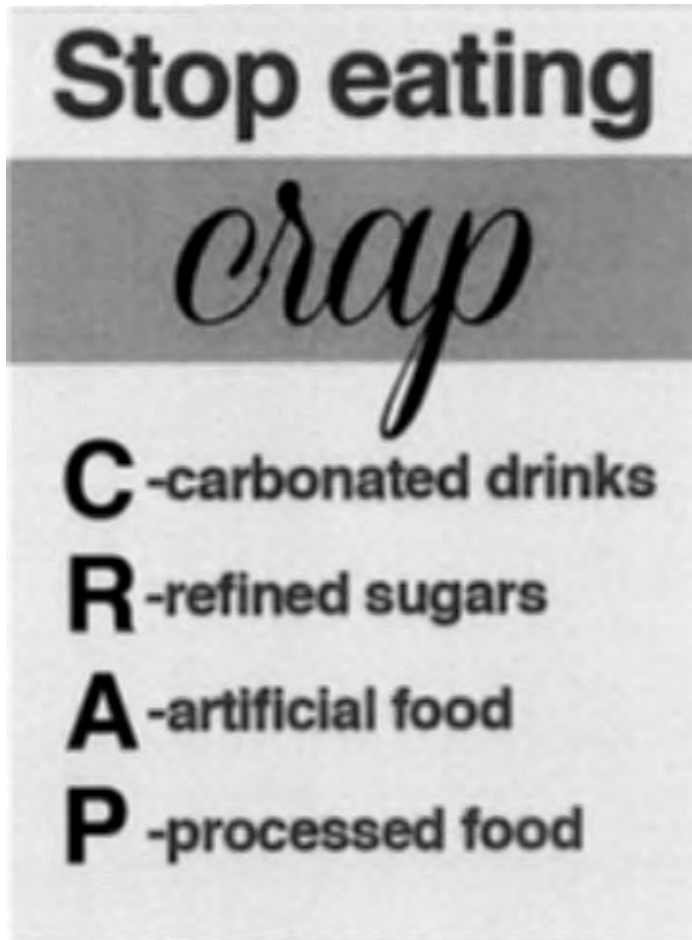
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Dr. G's Weight Loss & Wellness shared a photo.  
September 22, 2014 ·



Health and Fitness Magazine  
September 21, 2014 ·

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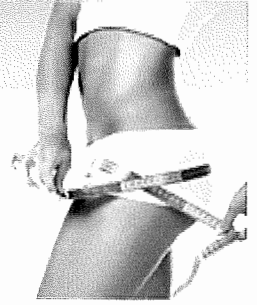
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*Look and feel your best*



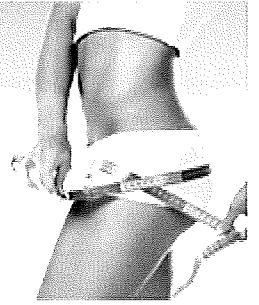
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*Welcome to our website!*

# Before-N-After

Weight Loss | Wellness  
*Look and feel your best*



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## TESTIMONIALS

We know how hard it is to fit personal care into the budget. These special offers will help!

Find all the contact information you need on our contact page. Email, Phone, Hours & Maps.



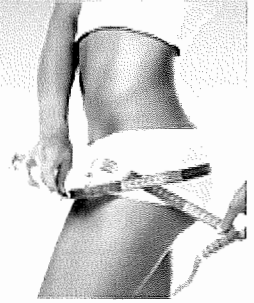
Testimonials

Hear what our clients have to say about us on our Testimonials page



# Before-N-After

Weight Loss | Wellness  
*Look and feel your best*



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TESTIMONIALS

stress-free as possible.

Before-N-After has earned Allergan Inc.'s (the company that makes BOTOX® and Juvéderm®) prestigious "Black Diamond" award. Black Diamond status is the most elite honor to be awarded to leaders in the field of medical aesthetics who demonstrates their commitment to innovation, excellence and the highest level of patient care. Before-N-After is among the top 1% of practices in the nation to to be rewarded with Black Diamond certification.

We attribute our popularity to our quality injectors, affordable prices and our conservative approach to injectables. With years of experience and one of the fastest providers of injectables in the area, Before-N-After strives to provide good quality care at an affordable price. We believe that injectables should be a quality service that people can afford.

We look forward to serving you,

The Before-N-After Staff

Below is a map to our Menifee location and listed business hours.

# Before-N-After

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*Look and feel your best*



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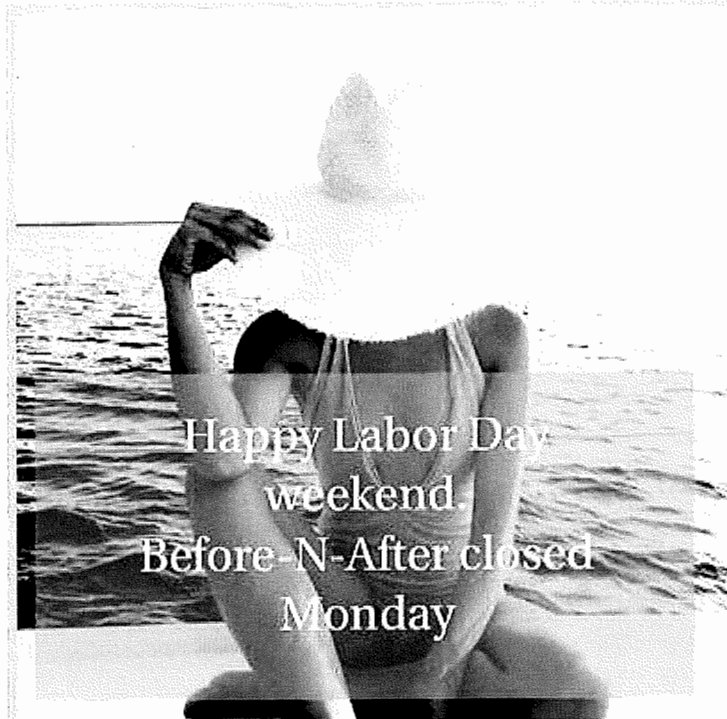


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1,797 likes

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Happy Labor Day  
weekend  
Before-N-After closed  
Monday

# Before-N-After

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TESTIMONIALS



## *Business Hours*

MONDAY:	9:00AM to 5:00PM	TUESDAY:	9:00AM to 7:00PM
WEDNESDAY:	9:00AM to 5:00PM	THURSDAY:	9:00AM to 7:00PM
FRIDAY:	9:00AM to 5:00PM	SATURDAY:	9:00AM to 1:00PM
SUNDAY:	Closed		

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*All Before-N-After locations  
will be closed September 3rd,  
2018*

**(888)240-6242**

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Slim Body Laser Spa

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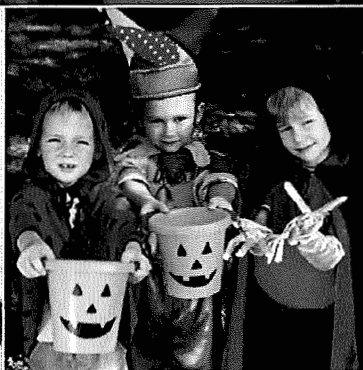
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Lessons learned From your Ancestors about FAT!

Very responsive to messages

Community

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143 people like this

142 people follow this

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Typically replies within minutes  
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Posts



Slim Body Laser Spa May 3 ·

New Flyer explaining what we do and how to contact us..... What do you think?

**CONSULTATIONS ARE ALWAYS FREE**

**Dr. Tred's Slim Body Laser Spa**  
LASER ASSISTED WEIGHT LOSS

**DR TRED'S SLIM BODY LASER SPA**

Developed 7 years ago by Dr Tred himself, his Ultimate Laser Weight System succeeds where traditional diet and exercise can fail. Located on the Treasure Coast of South Florida his office has served over 4000 clients and boasts a success rate of losing 3-9 inches of belly fat in over 90% of his clients.

**OUR SERVICES**

A 9 session Laser lipo plan is what we provide. This includes laser lipo sessions, whole body vibration, nutritional evaluation, weight loss consulting (if needed), digital pictures, weekly measurements, 3" fat loss guarantee in 9 sessions, when combining three measurements, a plan of action, goals and objective outcome measurements. You will see, feel and look thinner at the end of 3 weeks

**WEIGHT LOSS**

The non-invasive sculpting system we use liberally targets unwanted fat. Hit the right areas and lose inches while tightening your skin.

**FAT TARGETING**

Utilizing modern laser technology to target unwanted fat in specific areas, we're able to help you transform your body.

**BODY TRANSFORMATION**

A simple way to turn back the clock without "exercising"

**STOMACH & MUFFIN TOP**

Safe, FDA cleared, Laser lipo can reduce this area in 9 sessions in 3 wks

Nothing works like the laser lipo on SAFELY reducing these problem areas.

**GET THE BODY YOU'VE ALWAYS WANTED**

Lose 3-9 inches of stubborn belly fat in 9 sessions or 3 Weeks

**STONE & SHAPE BUTTOCKS NO SURGERY REQUIRED**

9 Laser Lipo sessions to your buttocks will tone and improve the look and shape in only 3 weeks!

8 inch loss in 9 sessions in 3 weeks

Before After

Lost 8 and one half inches in 9 sessions in 3 weeks

Before After

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SlimBodyLaserSpa@gmail.com



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### Slim Body Laser Spa

@slimbodylaserspa

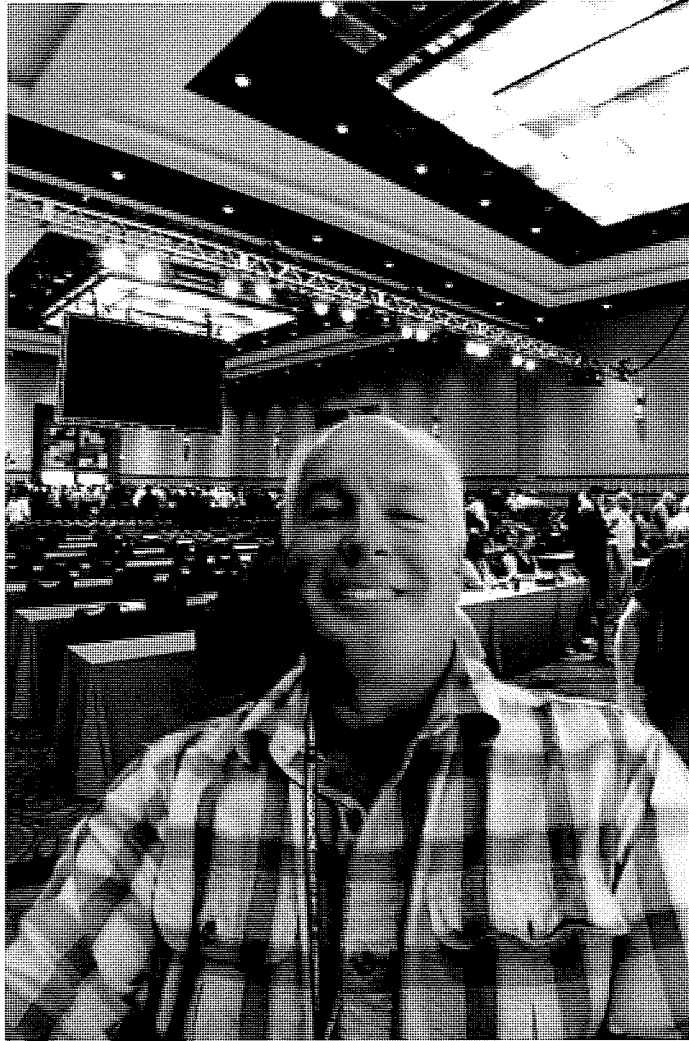
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Labor Day weekend is finally here! This end of summer weekend alerts us to get ready for the winter.

What plans do you have to ensure your health and wellness for the up coming winter season?

Me personally, I will continue to eat proper portions, stick to my 400 calorie per meal breakfast, snack, lunch, snack and dinner. 50 % protein, I will exercise at least 3 days per week and stay away from sugar and refined carbohydrates. And when I want results to be almost guaranteed ... See More



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#### Posts



Slim Body Laser Spa

August 29 at 7:51 AM ·

Water! Drink more water more often and lose weight!  
<https://www.medicalnewstoday.com/articles/322296.php>

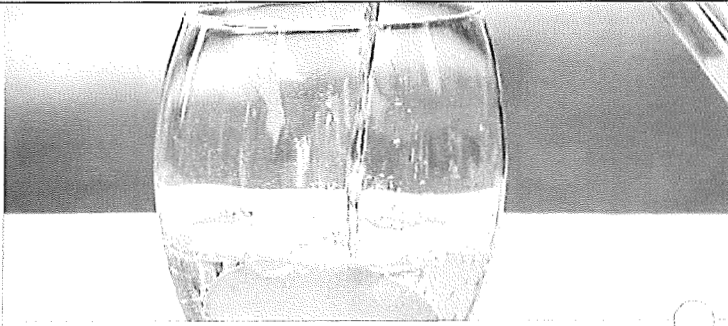
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MEDICALNEWSTODAY.COM

### 6 reasons why drinking water can help you to lose weight

Staying hydrated is essential for many bodily functions, and it can also hel...

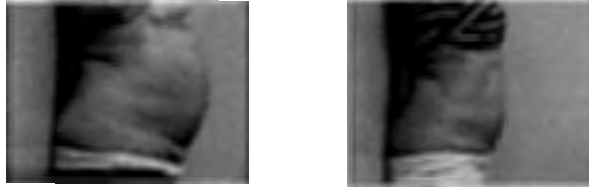
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Slim Body Laser Spa  
August 29 at 7:27 AM ·

Ready for a fantastic Winter? Look great and feel great today! Our Lipo Plans have never been more affordable. Take advantage of our Summer rates and call today.

## 9 SESSIONS IN 3 WEEKS

Actual Client



lost 8 1/2 inches in 9 sessions in 3 weeks



### 3" LOSS GUARANTEE AFTER 9 SESSIONS

Safe Non-Surgical Options for over 30 Years



Laser Assisted Weight Loss · Laser Body Sculpting · Nutrition · Whole Body Vibration · Detoxification

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Slim Body Laser Spa  
August 29 at 7:14 AM ·

#### What is Metabolic Syndrome?

Only the number one descriptive term or collection of symptoms which when one or more of the symptoms are prevalent can cause a 40% risk of dying from Heart Disease, Stroke, Cancer and Diabetes in the USA?

Did i mention that over 40% of ALL adults in the USA suffer with "Metabolic Syndrome"

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# What is metabolic syndrome?

## WHICH OF THE FOLLOWING DO YOU SUFFER FROM THE MOST?

- ↑ HIGH BLOOD SUGAR—TYPE II DIABETES- PRE DIABETES Taking medication? METFORMIN INSULIN- HIGH BAD CHOLESTEROL - LDL vs HDL taking medication?
- ↑ HIGH BLOOD PRESSURE— taking medication? WAIST CIRCUMFERENCE OVER 40" in MEN - OVER 35" IN WOMEN?
- ↑ HIGH TRIGLYCERIDES- FAT CIRCULATING IN YOUR BLOOD?
- FATIGUE?
- WEIGHT GAIN AROUND MID SECTION?
- SLOW METABOLISM?
- NEUROPATHY PAIN, NUMBNESS, TINGLING IN FEET?



### DIET AND EXERCISE DO NOT WORK ANYMORE?

### MEDICATIONS COMMONLY ASSOCIATED WITH METABOLIC SYNDROME

High Blood Pressure - High Cholesterol - High Triglycerides - High Blood Sugar

IF YOU SUFFER FROM ANY ONE OF THESE PROBLEMS YOU MOST LIKELY HAVE METABOLIC SYNDROME AND ARE PREDICTED TO HAVE AN INCREASED RISK OF PREMATURE DEATH OF 40% FROM HEART DISEASE, STROKE, DIABETES . In addition you are more likely than average to suffer from osteoarthritis in your hips, knees and back, to develop debilitating neuropathy, fatigue, dementia, Alzheimer's and other neurological disorders

2

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# Jorie Weight Loss Center

Doctor Supervised Clinical Weight Loss



## Thank You For Visiting

### Quality Service and Customer Satisfaction -

We will do everything we can to meet our Customers Needs.

Helping our Clients reach their weight loss goals in the healthiest way possible, for the last 19 years.

#### TWO LOCATIONS TO SERVE YOU

800 Enterprise Drive, Suite 225, Oak Brook, Illinois, 60523  
630-575-0855

565 East Dundee Road, Palatine, Illinois, 60074  
847-358-1500

#### HOURS FOR BOTH LOCATIONS

**SATURDAYS**- 7:30 a.m. To 2:30 p.m

**TUESDAYS** - 8:30 a.m. To 5:30 p.m.

**THURSDAYS** - 8:30 a.m. To 4:30 p.m.

**FRIDAYS** - 8:30 a.m. To 4:30 p.m.

New Clients, please arrive one hour before closing.



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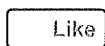
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**Note: This product cannot be sold in Canada**

## PRODUCT INFORMATION

### Description

Nature's Secret® 15-Day Weight Loss Cleanse & Flush®

Stimulates Digestion and Enhances Elimination\*  
Flatter Abdomen and Less Bloating\*

Slow digestion is a common concern, especially with today's lifestyle of diets that are often void of fresh raw vegetables and high-fiber foods. Poor assimilation of food can lead to bloating and a feeling of low energy. Having a well-functioning digestive system promotes energy and vitality, leading to better overall health.

Nature's Secret 15-Day Weight Loss Cleanse & Flush helps stimulate healthy digestion and supports cleansing of the digestive tract.\* The botanicals and fiber in this product may help reduce bloating, clean out the digestive system and help to flatten the appearance of the abdomen.\* Once your digestive system is cleansed, absorption of nutrients and energy from food is enhanced, making you feel lighter, more energized and healthier.\*

**Label** (click image to enlarge)



## PRODUCT DIRECTIONS / ADDITIONAL INFO

Take two (2) tablets 2 times daily for 15 days. For best results, drink 8-10 glasses of water daily.

### Warnings

Do not use if safety seal is broken. Do not exceed recommended daily intake. Do not use if you are pregnant or nursing. Not intended for use by persons under 18 years of age. KEEP OUT OF REACH OF CHILDREN. This product is not intended to be used without breaks. Cascara sagrada belongs to a family of plants containing compounds with laxative effects. With long-term use without breaks, this ingredient may interfere with diagnostic imaging procedures of the colon. Taking a break of 30 or more days between use cycles will help maintain natural regularity. Not intended for long-term use.

**Warning:** (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

**Notice:** This product contains Cascara sagrada. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara sagrada may worsen these conditions and be harmful to your health.** Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

**Other Ingredients**

Microcrystalline Cellulose, Vegetable Stearic Acid, Croscarmellose Sodium, Silicon Dioxide, gum arabic (acacia), Vegetable Magnesium Stearate

**Storage**

Store in a cool dry place.

Nature's Secret®  
P.O. Box 66457  
Los Angeles, CA 90066

**NUTRITION FACTS**

**Serving Size** 2 Tablet(s)

**Servings Per Container** 30

<b>Amount Per Serving</b>		<b>% DV</b>
Calcium	100 mg	10%
Psyllium Powder (seed husk)	200 mg	**
Uva-Ursi extract (4:1)(leaf)	200 mg	**
Cascara Sagrada powder (bark)	110 mg	**
15-Day Proprietary Blend	102 mg	**
Fructooligosaccharides (FOS)		**
Juniper powder (berry)	100 mg	**
Plum (Prune) powder (fruit)	90 mg	**
Beet powder (root)	80 mg	**
Grapefruit powder (fruit)	80 mg	**
Oat powder (bran)	80 mg	**
Chickweed powder (aerial)	50 mg	**
Chlorella Powder	50 mg	**
Dandelion (Taraxacum officinale) powder (root)	50 mg	**
Echinacea angustifolia powder (herb)	40 mg	**
Ginger extract (4:1)(root)	40 mg	**
Chamomile extract (4:1)(flower)	25 mg	**
Fenugreek extract (4:1)(seed)	25 mg	**

\*\* Daily Value (DV) not established.

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**July 17, 2018** **Was this review helpful?** [Yes \(4\)](#) [No \(2\)](#)

[Jasmine H](#) [Flag as Inappropriate](#)

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It really does clean out your system i haven't gained not a single pound since I've been taking them .

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**June 15, 2018** **Was this review helpful?** [Yes \(10\)](#) [No \(1\)](#)

[Diante W](#) [Flag as Inappropriate](#)

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---

## THIS WORKED FOR ME!:)

I was feeling bloated and wanted to lose a few pound if possible. I walked 30 to 60 minutes on the treadmill several days a week. I tried to eat healthier and drink more water everyday. I lost 7 pounds! I'm not bloated, I feel a lot better and lighter...

I'm ordering another bottle hopefully I can add more exercise and lose a few more pounds!

**Was this review helpful?** [Yes \(21\)](#) [No \(3\)](#)

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**June 7, 2018** **Was this review helpful?** [Yes \(21\)](#) [No \(3\)](#)

[Lisa L](#) [Flag as Inappropriate](#)

---

## Disappointed

Didn't work

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**May 22, 2018** **Was this review helpful?** [Yes \(9\)](#) [No \(1\)](#)

[Jordyn B](#) [Flag as Inappropriate](#)

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---

## Didn't see results

I am on day 8 of this 15 day cleanse and so far I'd say it does not work. I have followed the directions strictly but no results....if something should change I will update post.

**Was this review helpful?** [Yes \(24\)](#) [No \(5\)](#)

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**April 6, 2018** **Was this review helpful?** [Yes \(24\)](#) [No \(5\)](#)

[SandyL](#) [Flag as Inappropriate](#)

---

Really good product. Lost 18 lbs in the 15 day cleanse.

**Was this review helpful?** [Yes \(52\)](#) [No \(8\)](#)

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March 22, 2018 Was this review helpful? [Yes \(52\)](#) [No \(8\)](#)

[Tara W](#) [Flag as Inappropriate](#)

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Excellent to take and maintain

Was this review helpful? [Yes \(16\)](#) [No \(8\)](#)

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December 27, 2017 Was this review helpful? [Yes \(16\)](#) [No \(8\)](#)

[Cheryl C](#) [Flag as Inappropriate](#)

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### I would give this product a 2 out of 10

Only thing this did was day one I went to the bathroom alot day two went 2 times and then once 4 days later so did it clean me out maybe but not really impressed ....

Was this review helpful? [Yes \(14\)](#) [No \(7\)](#)

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December 24, 2017 Was this review helpful? [Yes \(14\)](#) [No \(7\)](#)

[Denise U](#) [Flag as Inappropriate](#)

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### Pooped my pants

I pooped my pants at work it was embarrassing

Was this review helpful? [Yes \(87\)](#) [No \(21\)](#)

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July 11, 2017 Was this review helpful? [Yes \(87\)](#) [No \(21\)](#)

[tim r](#) [Flag as Inappropriate](#)

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Not helpful Did not help me lose weight which is what I wanted

Was this review helpful? [Yes \(17\)](#) [No \(12\)](#)

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June 20, 2017 Was this review helpful? [Yes \(17\)](#) [No \(12\)](#)

[Ariel M](#) [Flag as Inappropriate](#)

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what kind of side effects does this have? also how bad are they?

A shopper on Mar 25, 2013

BEST ANSWER: Common side effects from this include abdominal pain and or diarrhea. They can be severe in some instances, but typically they subside.

[Reply](#)[Inaccurate](#)[Community Answer](#) on Mar 27, 2013[Add Answer Answer](#)[I Have This Question Too \(32\)](#)

Can I continue to take a probiotic while I take this?

A shopper on Jun 18, 2016

[Add Answer Answer](#)[I Have This Question Too \(24\)](#)

Do I need to eat low in calories when using for best results?

[Red Scorpion](#) on Mar 5, 2018[Add Answer Answer](#)[I Have This Question Too \(12\)](#)

How often can one use this product? (i.e. Use for 15 days every month or every 3 months????) What is safe?

A shopper on Apr 2, 2013

BEST ANSWER: You can use this product twice daily for 15 days. It's not recommended you continue or do more than that, as it is a 15-day-weight-loss formula. They say to wait 30 or more days after you end this if you want to begin taking them again, but they advise not to use it long term. Not using this item long term would be safest.

[Reply](#)[Inaccurate](#)[Community Answer](#) on Apr 2, 2013[Add Answer Answer](#)[I Have This Question Too \(9\)](#)

how big are the tablets?

A shopper on May 30, 2016

[Add Answer Answer](#)[I Have This Question Too \(9\)](#)

It does not state how to take it. So is it best to take the 2 pills before or after the meal?

A shopper on Sep 20, 2014

BEST ANSWER: It does not matter whether you take the pills before or after a meal. Just take two pills twice a day, preferably 12 hours apart.

[Reply](#)[Inaccurate](#)[Community Answer](#) on Sep 21, 2014[Add Answer Answer](#)[I Have This Question Too \(3\)](#)

Is this product vegan?

A shopper on Jun 7, 2012

BEST ANSWER: While none of the ingredients look to be animal based, this product does not claim to be vegan or vegetarian.

[Reply](#)[Inaccurate](#)[Community Answer](#) on Jun 7, 2012[Add Answer Answer](#)[I Have This Question Too \(2\)](#)

So In Total You Take 4 Tablets A Day?

A shopper on Aug 26, 2018

BEST ANSWER: Yes you are supposed to take 4 a day. I would take two with breakfast and 2 before going to sleep.

[Reply](#)[Inaccurate](#)[Andrea T](#) on Aug 27, 2018

Purchased on Oct 17, 2017

[Read All 2 Answers](#)[Add Answer Answer](#)[I Have This Question Too \(0\)](#)



How big are the tablets? I have difficulty swallowing tablets/capsules much larger than Ibuprofen (long story)...

A shopper on Jan 11, 2017

BEST ANSWER: They are at least double the size of ibuprofen.

[Reply](#)

[Inaccurate](#)

[SandyL](#) on Apr 6, 2018

[Add Answer Answer](#)

[I Have This Question Too \(0\)](#)

For better results, should I take the pills with a meal , before a meal or at any time? What time do you recommend is the more affective?

A shopper on Jun 5, 2013

BEST ANSWER: The label simply states to take 2 tablets twice a day. I would space them as close to being 12 hours apart as possible for maximum results. It is also recommended that you drink 8-10 glasses of water daily.

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[Inaccurate](#)

[Community Answer](#) on Jun 5, 2013

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**JODIE TURNER**

Health and wellness were not always my passions. In fact, I had unhealthy habits for most of my life. It wasn’t until my mom was diagnosed with colon cancer that I started making better decisions. The oncologist was straight forward with us: years of eating badly and inactivity greatly contributed to the cancer. As a family, we cut out processed foods and began eating clean. It was incredible how much better my mom could cope with the illness and treatment by just eating healthier. From then on, I knew I wanted to help others to be good to their bodies and make healthy choices! I’m a southern girl, raised and educated! I graduated from Clemson University in Food Science and...

\*results may vary



**JODIE TURNER**

★★★★★

**A.B.**

★★★★★

**M.R.**

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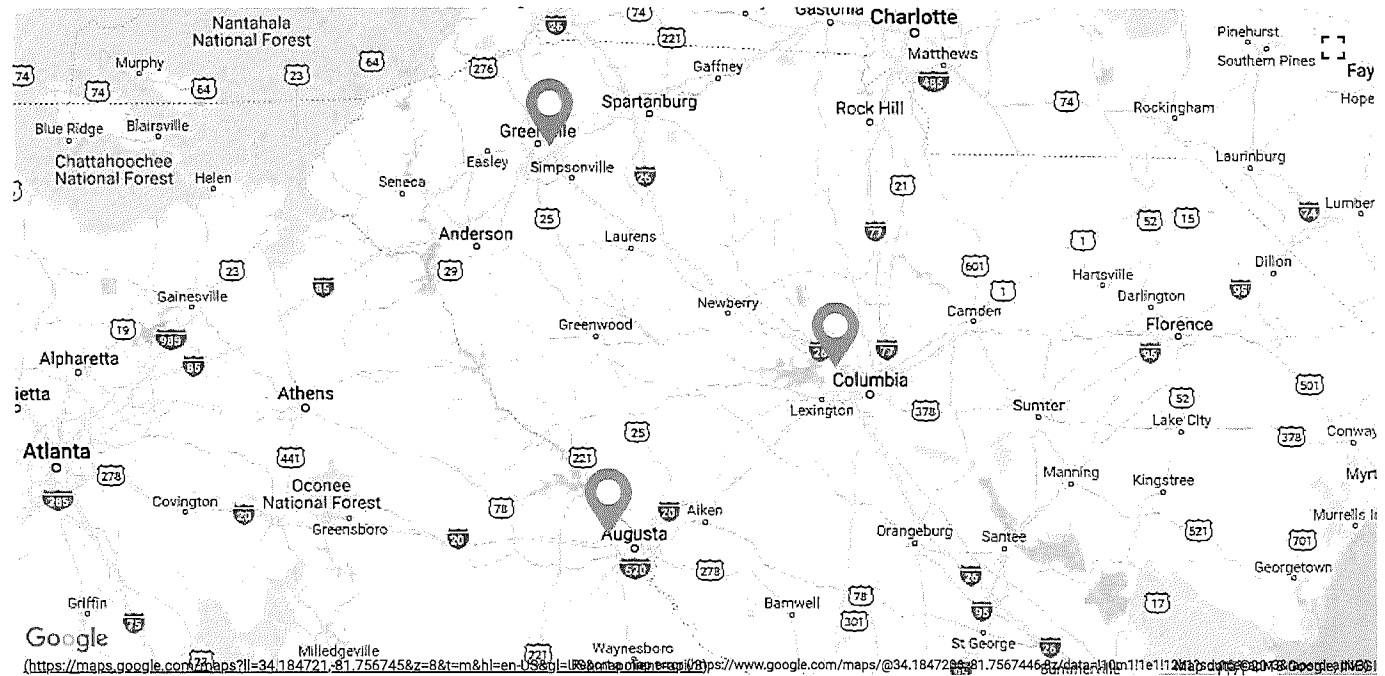
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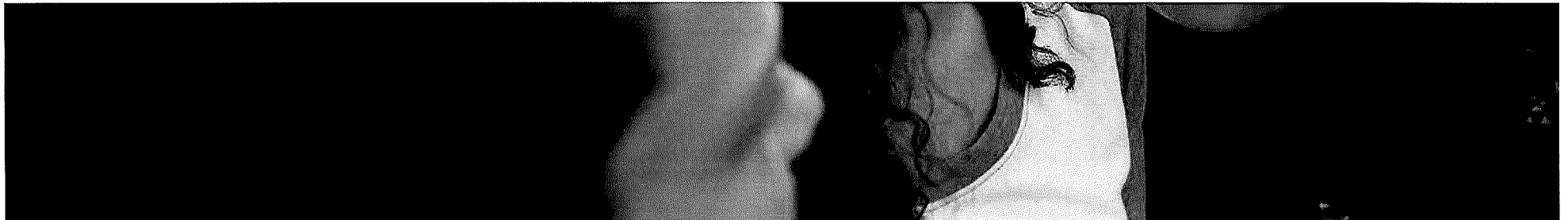
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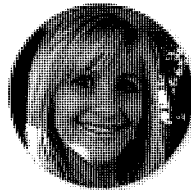
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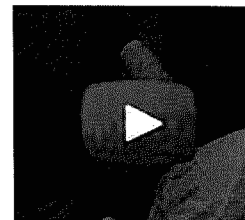
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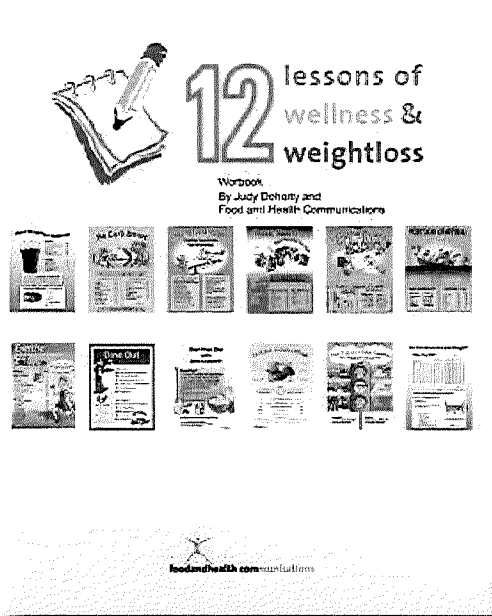




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by Judy Doherty ☆☆☆☆☆ Be the first to write a review



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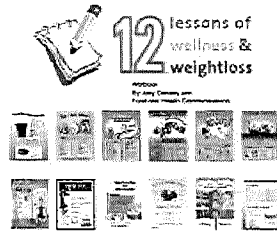
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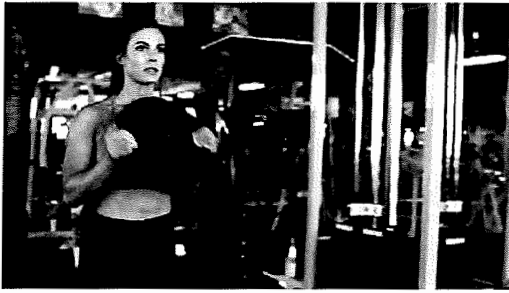
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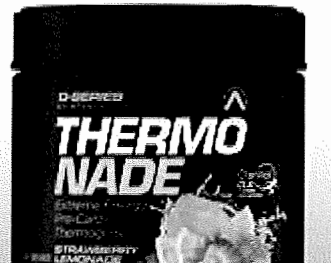
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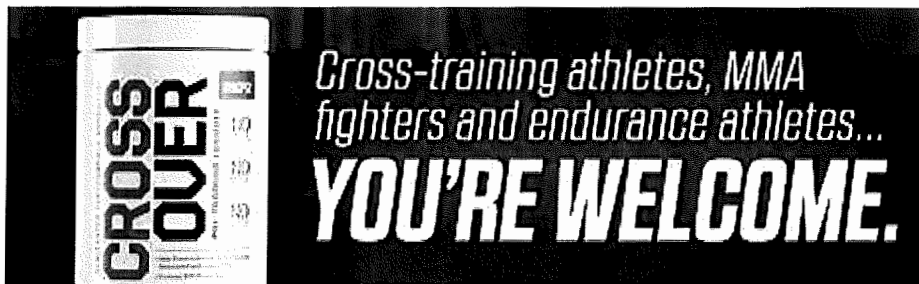
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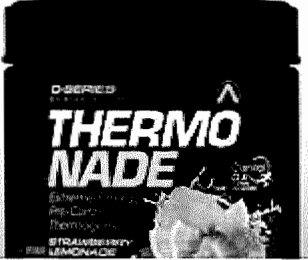
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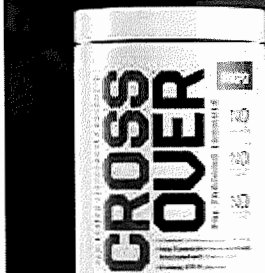


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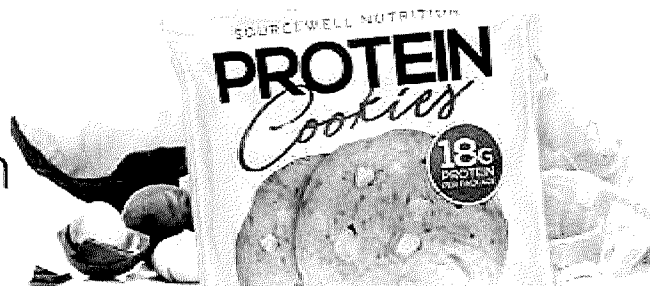


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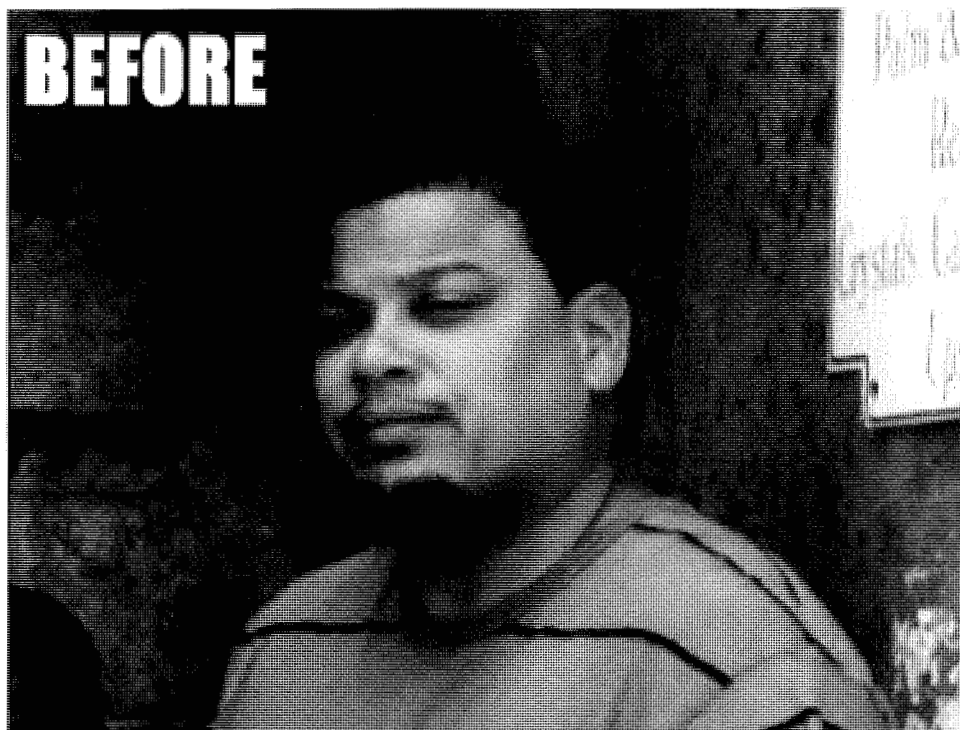
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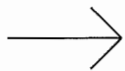
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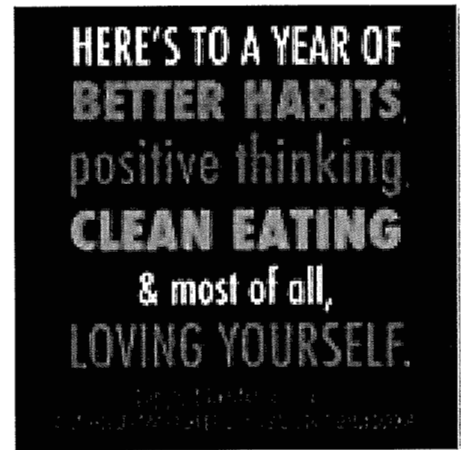
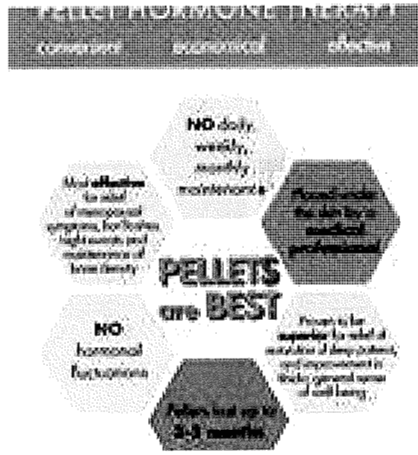
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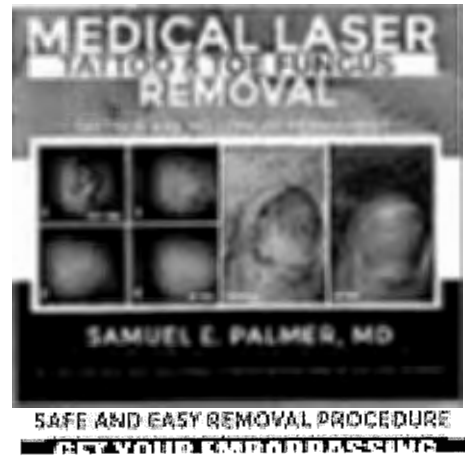
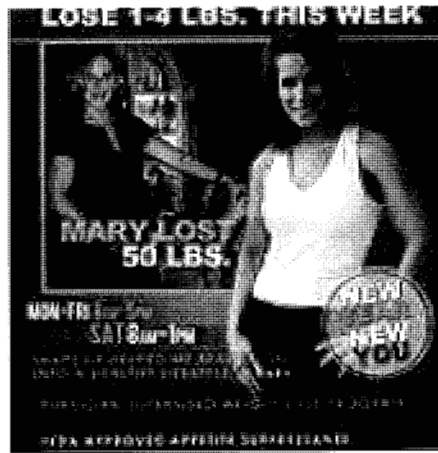
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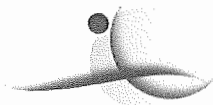
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## WHAT WE DO

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FIT MEDICAL WEIGHT LOSS CENTER

FIT MEDICAL WEIGHT LOSS: EASY TO EAT RIGHT

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We at FIT Medical Weight Loss Clinics firmly believe that our physician supervised weight loss and weight management programs change lives.

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# Weight Loss Challenge

M A N U A L

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D O Y O U  
H A V E  
T O  
L O S E ?

 HERBALIFE.

# WIN WITH THE WEIGHT LOSS CHALLENGE

The Weight Loss Challenge is making winners out of everyone. From the participants who are losing weight to the Distributors who are building their business like never before, a Weight Loss Challenge is a great way for people to discover the benefits of Herbalife® products. Each person who has experienced the power of the Weight Loss Challenge spreads the word to others, creating incredible momentum.

## EVERYTHING YOU NEED

Inside, learn how easy it is to win with the Weight Loss Challenge. This manual includes a list of supplies you'll need and offers class outlines and week-by-week handouts. At a minimal cost, you can get started and duplicate your success within your organization. Make sure to comply with local laws and regulations, including those that apply to advertising the Challenge, use of public and private property, etc.

For tips and tools, visit the Weight Loss Challenge section on MyHerbalife.com (Tools & Training → Business → Business Methods → Daily Methods of Operation (DMOs) → Weight Loss Challenge). And send Challenge participants to Herbalife's Weight Loss Challenge website at HerbalifeWLC.com to enhance what they learn in class.

## EASY TO GET STARTED

All you need is a few participants to get started. You may find that 20 participants is ideal, up to an allowable maximum of 40 participants per Challenge.

Challenge participants are a motivated group, so they'll be receptive to your retailing efforts. They already have weight-loss goals – and Herbalife® products can help them get there. Retention and recruiting go hand in hand with the Weight Loss Challenge, especially since participants may choose to participate in future Challenges.

## THE FUN FACTOR

The most important element to any Challenge is...*fun!* You'll find that socialization, community, results and recognition keep the momentum going. As a Weight Loss Challenge coach, your enthusiasm will motivate and inspire everyone in your group.

With this amazing Business Method, you'll enjoy coaching people to get incredible results while growing your business at the same time. Step up to the Challenge today!

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Helping Millions to Take Off Pounds Sensibly Since 1948



## How It Works

### **A hands-on, pounds-off approach to weight loss<sup>®</sup>**

TOPS doesn't pay celebrities to endorse us, and we don't promise quick fixes or promote unrealistic images of the "perfect" body. Instead we focus on health.

TOPS can't do the work for you. You only get out of TOPS what you put into it. We can't guarantee weight loss just by attending meetings, but we can offer support through each stage of the journey, including after you reach your goal weight.

### **We're here for you!<sup>®</sup>**



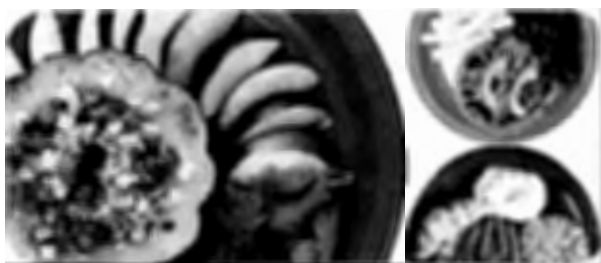
Are you ready to stop dieting and start making real changes? TOPS can help you reach your weight-loss goals by providing you with the tools, information, support, and accountability you need to be successful. After all, this has been a winning formula for TOPS members just like you for nearly 70 years. [Read more.](#)

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You choose to join (or start) a local chapter or become an online member. Weekly meetings provide a supportive, educational environment where people are encouraged and not judged. [Learn more.](#)



## What's the meal plan?



TOPS does not sell foods, endorse products, or push a one-size fits all meal plan. On the TOPS meal plan, we encourage you to choose foods you enjoy in moderation. The [flexible guidelines](#) help you control calories while eating real food that you make at home or order in a restaurant.

## What kinds of educational tools do you offer?



TOPS offers a variety of educational resources and tools—most of which are available exclusively to members through our online store. See a sampling our of our most [popular tools](#) or check out our [book](#) on Amazon. (The book is available at a significant discount from our [website](#) when you become a member.)

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# DWL

DRAMATIC WEIGHT LOSS®

from



Gentleman  
George  
Lost  
91 lbs

Before



"It's unbeli  
today beca  
I couldn't e  
today. I can

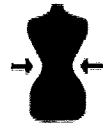
After





## How It Works

The DWL  
Difference



## Lose

Up to 15 lbs in  
15 Days\*  
Get Started Today

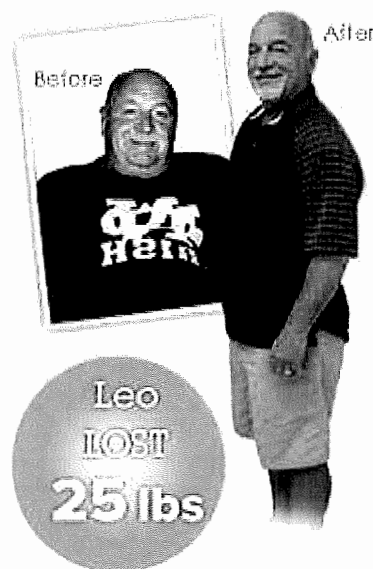
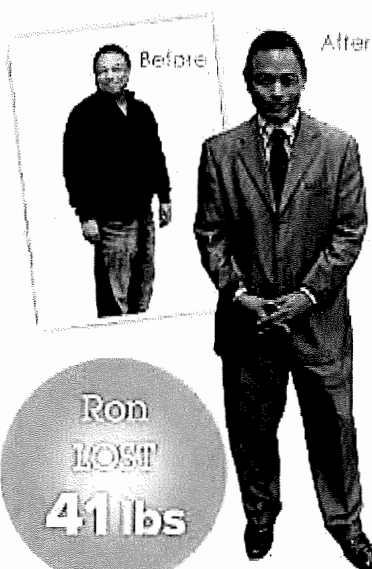


**Appetite  
Suppressants**  
FDA Approved  
Prescriptions

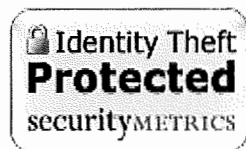


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Dramatic Weight Loss® Center | 4480 N. Shallowford Road, Suite. 206 | Dunwoody, GA 30338 | Phone (770) 394-9991 | Fax (770) 394-9994 **Proper Methods of disposing unused medicines** | © 2012 by Dramatic Weight Loss® Centers, LLC. All Rights Reserved \*Results not guaranteed or typical. As with any weight loss program, your actual weight loss is affected by various factors, including your body type, the particular program you choose, and how closely you follow the program. Over the years, we have seen average weight loss on our program from

5-10 lbs. over a period of two weeks. There has been a good number of Dramatic Weight Loss® clients that have lost 15 pounds in 15 days. Before starting on any weight loss program, we recommend that you consult with a physician prior to commencing the program. Any and all product names referenced within this website are copyright and trademarks of their respective owners.

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Have you tried diet after diet only to find yourself not losing weight, or even gaining weight after you stopped the diet? Do you feel defeated and alone because of your weight or health?

It doesn't have to be this way! We at Nuviva have helped tens of thousands of patients **just like you** lose weight and keep it off.

Want to learn more about Nuviva? **Click here to sign up for a free, no obligations consultation today** to learn how the Nuviva family of trained medical professionals can help you. Whether you have 10 pounds or 100 pounds to lose, we'll customize your program to help you finally lose the weight and feel like yourself again.

We'd love to welcome you to the Nuviva family. **Click here** to listen to the stories of people just like you that finally found success with Nuviva!

**CLICK HERE** to hear what people are saying about Nuviva!



Weight Loss Nutrition Plans

No Contract. No Obligations

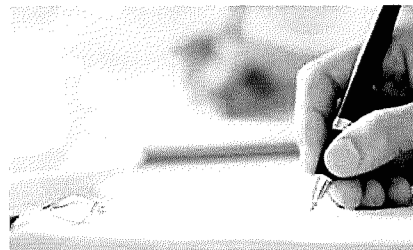
All-Inclusive Weight Loss Program

Weight Loss Medications



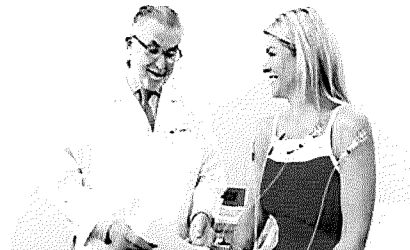
Our medical weight loss program offers a variety of nutrition plans to prevent you from hitting that “I can’t lose weight” plateau. Diet plans designed to work with your metabolism to maximize your weight loss potential. Your nutrition coach will help you every step of the way, so you can reach your goals faster.

Get Your Weight Loss Nutrition Plan



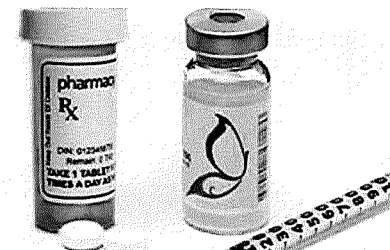
At Nuviva, we do not have any long term contracts or large up front fees. You can stay with us as long as you want. You can decide how long of a program is right for you, week to week.

Local Weight Loss Clinics



There are never any last-minute add-ons with Nuviva. Our entire medical weight loss program is included in your low weekly fee, from the introductory nutritional analysis to your supplements and pharmaceutical injections.

Weight Loss Success Stories



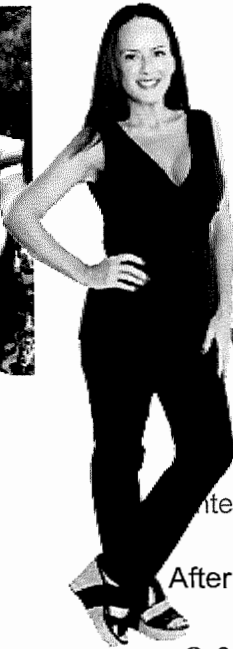
There are no shortcuts to weight loss. That’s why we never take shortcuts with the medications we give our patients. Every medication we provide is pharmaceutical-grade, guaranteed.

Weight Loss Medications



Before

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After

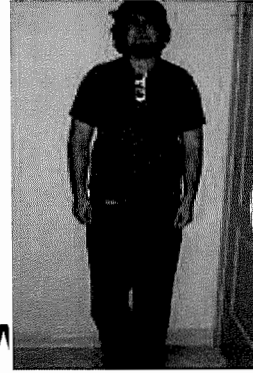


Before

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After



Before

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After



Before

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After

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### Medical Weight Loss Clinics

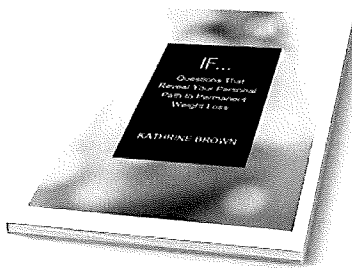
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|--|---|
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| Medical Weight Loss Clinics in Lake Mary Florida         | Medical Weight Loss Clinics in Naples Florida         |
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Conscious Weight Loss

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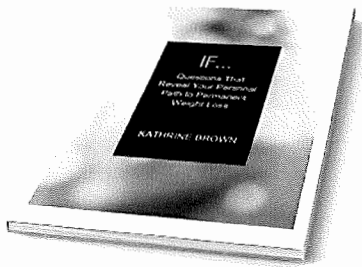
If you said YES to any of the above, then the Conscious Weight Loss® coaching process is what you've been seeking

1 year of personal growth teaching a mindset and life skills that **make your weight loss effortless and inevitable.**

4 deepening modules that ensure **the changes you make are seamless and sustainable.** Once the weight is gone, it's gone.

40 innovative concepts that help

Over 1000 lives changed to date



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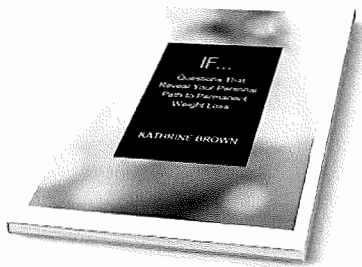


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*- L.R., Vice President  
(Financial Services Industry)*

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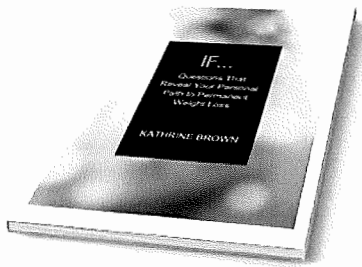
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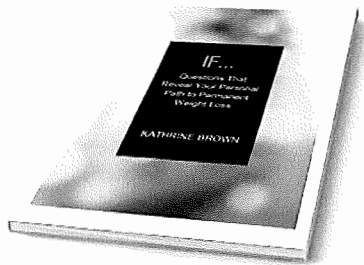


## RECENT POSTS

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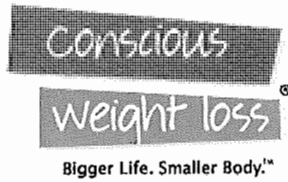


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# Do you need to get to the root cause of your weight issue?

If you said YES to any of the above, then  
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1 year of personal growth teaching a mindset and life skills that **make your weight loss effortless and inevitable.**

4 deepening modules that ensure **the changes you make are seamless and sustainable.** Once the weight is gone, it's gone.

40 innovative concepts that help you **eliminate the preoccupation, obsession, addiction and sabotage** once and for all.

Over 1830 lives changed to date. **Become the person you know you could be,** if there was nothing holding you back anymore.

***"I'm getting back to who I am as a person, not just a dress size."***

***- L.D., Peace Officer***

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## **SERVICES**

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# New PRE- CARE Membership Opening Soon!

Everything you need to prepare yourself for your Conscious Weight  
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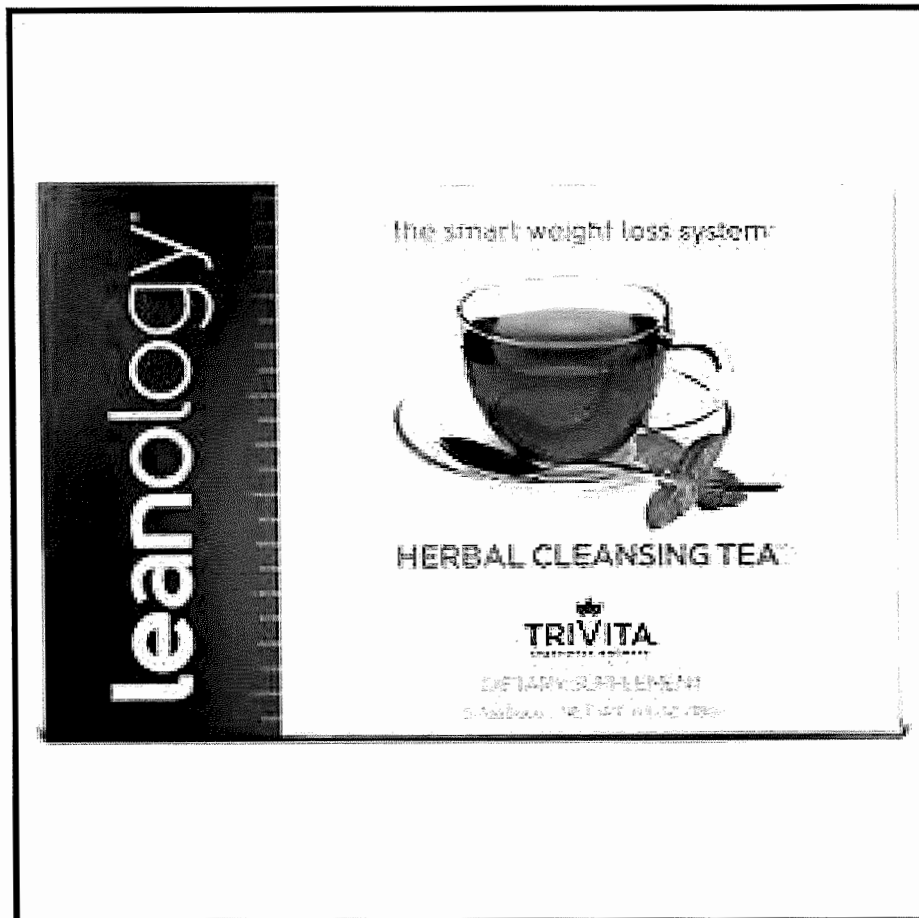
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\$14.99

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**DESCRIPTION****REVIEWS (0)**

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## DESCRIPTION

Healthy weight loss starts with a healthy digestive system. When you're not processing your food correctly, health issues can arise. When the digestive system is not performing optimally, poor digestion may lead to weight gain.<sup>1</sup>

TriVita's Leanology Herbal Cleansing Tea features a proprietary blend of plant-based nutrients, including:

- Senna leaves, peppermint bark and spearmint leaves
- Stevia leaves, a natural sweetener with zero calories<sup>2</sup>
- Astragalus, dandelion root and milk thistle

Each cup or glass of Leanology Herbal Cleansing Tea is caffeine-free and comes in a fresh, minty flavor. Start with a healthy digestive system and youâ™| start on the right path to weight loss.

Before starting any weight loss program, check with your healthcare provider. Also elevate your activity and eat nutritiously for weight management success.

### References:

1. <http://health.clevelandclinic.org/2014/08/how-to-age-better-by-eating-more-healthfully> (<http://health.clevelandclinic.org/2014/08/how-to-age-better-by-eating-more-healthfully>)
2. <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=682> (<https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=682>)

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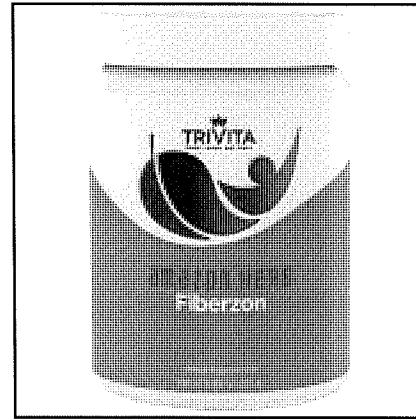
(<https://purebodusa.com/shop/nutrition/digestion-detox-regulatory/sangre-de-drago/>)



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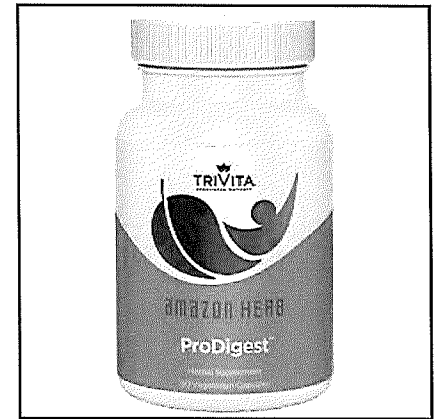
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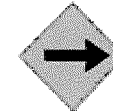


CMWL WEIGHT LOSS PROGRAMS & PLANS | ABOUT MEDICAL WEIGHT LOSS | WHAT TO EXPECT | NUTRITIONAL THERAPY | CMWL PROGRAM FAQs |

# How It Works

Find out what makes The Center for Medical Weight Loss different from other weight loss plans.

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Enter your zip code to find a CMWL center near you



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Take this assessment to see how much weight you could lose on one of our personalized plans.

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Age:  yrs. Weight:  lbs.

Email:

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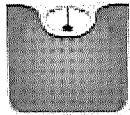
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## CMWL Weight Loss Programs & Plans

Get information on all of The Center for Medical Weight Loss programs and plans.



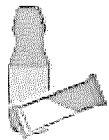
## About Medical Weight Loss

Find out what medical weight loss is and how The Center for Medical Weight Loss can help you lose weight.



## What to Expect

Find out what to expect during your initial consultation with a physician at a Center for Medical Weight Loss.



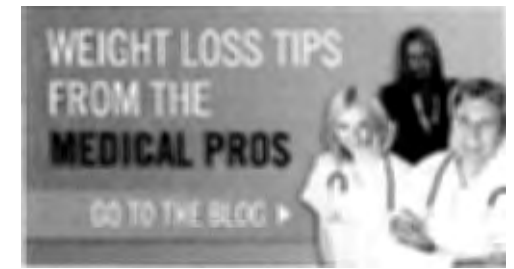
## Nutritional Therapy

A proven effective weight loss tool, CMWL meal replacement helps you control calories while learning how to adopt healthier lifestyle choices.



## CMWL Program FAQs

From how it works to how much it costs, get all your questions answered on The Center for Medical Weight Loss.



**CMWL products can help boost your results!**



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# The Weight Loss Mindset

Randy A Gilchrist. Psy. D

July 1, 2007

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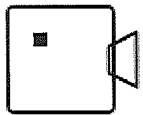
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5	<b>Enjoying Exercise</b>	32:57	<b>Album Only</b>
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7	<b>Getting the Perfect Body</b>	32:42	<b>Album Only</b>
8	<b>Healthy Life Balance</b>	32:42	<b>Album Only</b>
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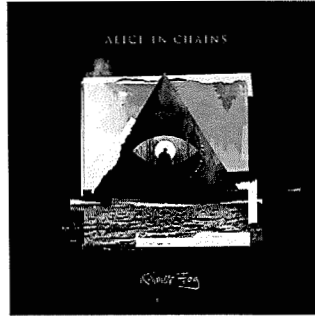


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**Original Release Date:** July 1, 2007

**Release Date:** July 1, 2007

**Label:** Dr. Randy Gilchrist

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**Genres:**

Miscellaneous > Sound Effects

**ASIN:** B00DNJDE9E

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# CHANGE YOUR MIND, CHANGE YOUR BODY: EMOTIONAL WELLNESS & WEIGHT LOSS® WORKSHOP

**Change Your Mind, Change Your Body** is a comprehensive behavior modification program developed by Jody Miller, MA, RCEP. It provides a framework with which to explore, identify and change the behaviors that are preventing optimal healthy body weight and healthy nutrition.

Learn healthy eating habits and proper nutrition guidelines

Identify hunger patterns, stressors and triggers of emotional eating

Improve self care both physically and emotionally

Understand and practice effective exercise approaches for your personal needs

Learn new coping strategies for long term behavior change

The **Change Your Mind, Change Your Body** workshop takes a comprehensive, holistic and very compassionate approach to the struggle of taking the best care of ourselves possible, losing weight and keeping it off. It is designed for those who have significant weight to lose as well as those who are trying to maintain a healthy weight, and addresses the needs of every fitness level from those just getting started to the avid competitive athlete. The program philosophy takes into consideration individual life circumstances so that every participant can personalize their experience.

**Change Your Mind, Change Your Body** consists of 12 weekly 90 minute group sessions. Each session includes a topic for discussion, an education component for nutrition, and thirty minutes of aerobic cross training exercise. There is no prescribed

*“Working with Jody Miller has changed the way I view myself not only physically but mentally as well. I feel I know the secret that everyone is always trying to find! It changed the way I exercise, the way I eat and especially the way my mind thinks! She is a gift that every women should allow themselves!!!”*

- Kim C, Potomac, MD

Change Your Mind Change Your Body | Change Your Mind Change Your Body

diet. An individual consultation/assessment (1 hour) is scheduled prior to the start of the workshop as well as following the workshop.

For information and/or the registration form for the next **Change Your Mind, Change Your Body** workshop, please click the link below or go to the [Contact page](#) and email Jody Miller.

## CHANGE YOUR MIND CHANGE YOUR BODY \*CYM REFRESHER

This 12 week program is for Change Your Mind Change Your Body “graduates” only. All participants must complete the 12 week workshop prior to being eligible to register.

Share your experiences since your workshop in an interactive forum. Adapt your Action Plans and access compassionate support to help continue with your process. Includes journaling and nutritional guidance and Inner Journey.

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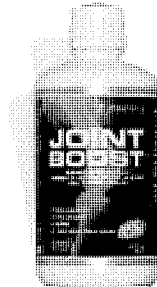


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# Accu Weight•Loss

It's fast. It's simple. It works.

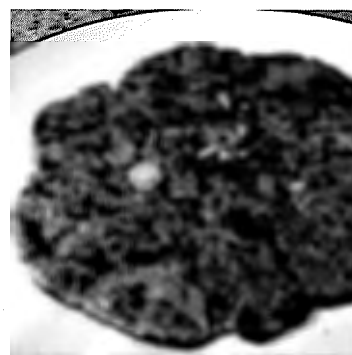
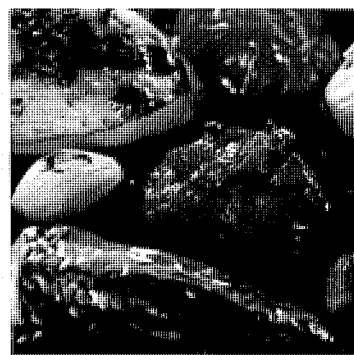
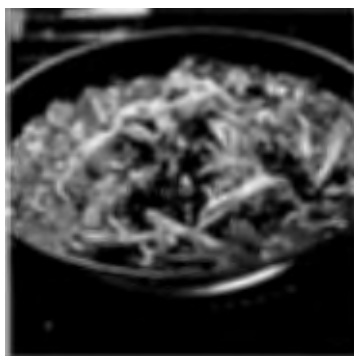
Acupressure suppress appetite • protect metabolism • reset weight set point

Balanced Nutrition intermittent fasting • no ketosis • gluten free

Chi Gong Breathing manage cravings • relieve stress • oxygenate the brain and body

**Lose it. Love It. Live it.**

## Food Enjoyed by Real Accu•Members!





# FREE AccuWeight Orientation

Listen Now

---

**Join the 50,000+ members who've discovered the fastest, healthiest FAT LOSS system.**

**Lose 15 lbs in 30 days. Every month. Only FAT.**

**No required exercise. No diet pills. No calorie counting. No pre-packaged foods.**

---

The wonderful part of the program was that I was never hungry.

"Before accuweight, I felt hopeless. I could never stay on a diet more than 3 days in a row. The wonderful part of the program was that I was never hungry. I had lots of energy, and I never felt deprived. I lost over 20 lbs and I reached my goal in more...

What did I have to lose?  
60 pounds, that's what!

"After having two children 15 months apart from each other, I was at an all time high with my weight. I had tried everything to lose the weight. Diet plans, shakes, pills, even starvation and nothing seemed to work. I would lose a little and then plateau. Even exercising daily at the gym did not help. more...

The Bead Diet is perfect for those who want a kick start.

"I was introduced to AccuWeight by a coworker who had experience on the program. "Dr."Barbara made me feel very comfortable from Day 1 appointment and a week later I was down 12lbs. more...

---

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## This Week's Tips for Success

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Cooking Sprays.

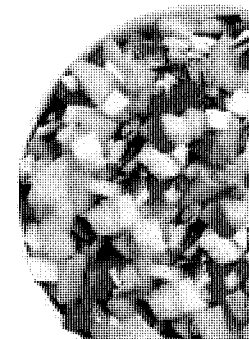
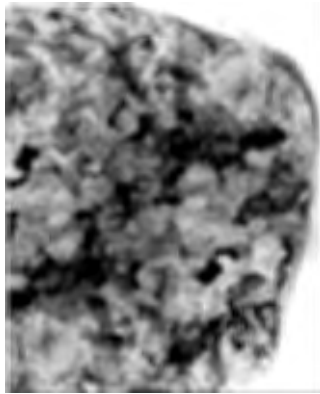
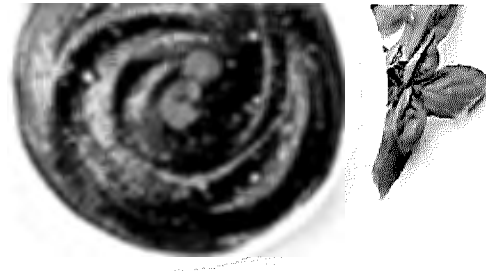
Guide for Labor day.

## Recipe of the Week

### BBQ Recipes

Going to a BBQ this Labor Day weekend? Plan ahead for your success.





# AccuWeight Meals!

Cooked and delivered to your door!

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# 15 pounds a month minimum weight loss.

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## Physicians Weight Loss Centers Blog

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26  
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SEARCH

How to Choose a Weight Loss Program  
*in Weight Loss .*

CATEGORIES



by [Yenny \(SU\)](#)

Tagged With: [Diet Plan](#), [Diet Program](#), [Lose Weight](#), [Nutrition Plan](#), [Weight Loss](#), [Weight Loss Program](#)

In many circumstances, slimming down can really be an issue of mind over

matter. However, having an easy-to-follow [diet program](#) doesn't hurt, either. Physicians Weight Loss Centers offers a host of Dietician-designed and Physician-approved plans that guarantee results, so there's sure to be one that works for your lifestyle. Whether you're first embarking on your weight loss journey, or have gained back weight you worked hard to lose – help is right here waiting for you.

You've probably seen the disclaimer, "Consult your physician before starting this or any other diet or fitness program." In order to select the appropriate treatment plan, your physician will most likely record your starting BMI and run diagnostics, such as a body composition analysis. No two diet plans are alike, so your doctor is your guide in finding one that meets your needs. They can also assist you with strategies to prevent the dreaded "yo-yo" diet many of us have encountered.

Tired of waiting weeks, or even months, to see results of your hard work? The [HCG Diet](#) is a safe and effective way to shed pounds, *fast*. Harnessing a hormone called human choriogonadotropin, or hCG (which is known for its role in pregnancy), patients are able to rid their bodies of excess fat. How does it work? hCG allows a developing fetus to stockpile the calories and nutrients it needs, while emitting anything considered superfluous; when injected into an adult body, the hormone reacts similarly. Used in tandem with a low-calorie,

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## September 2018

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30						

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high-protein diet, this plan is designed to keep you satiated. Once you've finished your hCG regimen, your physician can suggest simple behavior modifications to keep the lbs. off for good.

All of [Physicians Weight Loss Center's](#) programs center around one main idea: building & maintaining muscle is *vital* to one's triumph over weight loss. The trick is to find that perfect balance where you take in enough calories to prevent muscles from waning away – which can trigger a “starvation” response in the body – but not so many that you pack on the pounds.

Many people know the proverb “Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime.” When it comes to dieting, this couldn't be more relevant. Many other weight loss plans provide food and education materials, then send you on your way. All of the PWLC weight loss programs emphasize nutrition *education*, so you can shop smarter at the grocery store and select nutritionally-rich foods for the long run. There's a wealth of options, from the Low Carb VLCD 700 plan – which focuses on an intake of very little carbohydrates and ups your protein; or the ultra-structured Physician's Fast® – with shakes & snacks for those on-the-go.

Providing a comprehensive approach to [weight loss](#), PWLS simplifies what could otherwise be a daunting task. Nutritional counseling, meal planning, and behavior modification guidance are a few of the unique services they offer that will help you achieve your goals. For more information, call their Maryland offices at [\(410\) 469-6919](tel:4104696919).

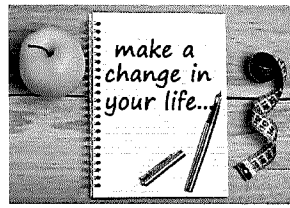
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<sup>1</sup>Everydayhealth.com

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A more relaxed way to  
experience weight loss.



Form You 3 takes an entirely different approach to weight loss – one that lets the client set the pace for their own personal weight management journey.

An effective weight loss program designed for long-term results is coupled with a luxurious state of the art body wrap system to help enhance inch reduction and cellulite reduction. Form You 3 clients are free to navigate their way to a future free of the stresses of being overweight.

Learn more about Form You 3:

VISIT [FORMYOU3.COM](http://www.formyou3.com) ([HTTP://WWW.FORMYOU3.COM/](http://www.formyou3.com/))

## What sets the Form You 3 brand apart?

## **A SPA-LIKE ATMOSPHERE**

From the minute clients enter a Form You 3 location, it feels different. That's because it is different: supervised weight loss programs coupled with ever so relaxing infra-red body wraps and cellulite reduction services make Form You 3 a great escape for clients.

## **EXTREMELY AFFORDABLE PRICE POINT**

Form You 3 offers one of the most affordable price points in the country; this alone makes the approach very attractive!

## **EXCLUSIVE OFFERINGS**

Form You 3 has its own products such as FormYouFast Meal Replacements and unique services like advanced cellulite reduction.

## **WEIGHT LOSS PROGRAMS BASED ON WHOLE FOODS AND SUPPLEMENTS**

Clients are taught how to eat better and make smarter choices with programs that utilize a combination of meal replacements, supplements and grocery store food.

## **Form You 3 helps clients reveal true beauty from the inside out.**

The Form You 3 brand speaks best to the client who may not just be looking to lose a few pounds, but rather to gain a whole new outlook. The positive, low-stress environment is ideal for fostering self-esteem and healthy body image.





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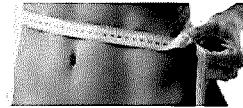
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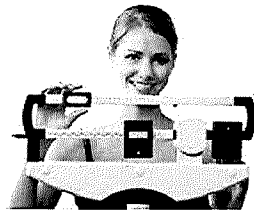
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## 1 month VIP Package \$99 + 4 vitamin B complex injections and 4 lipotropic injections

Includes: Physical, Food List Review, Body Composition Analysis & 4 week supply of: Appetite Suppressants. Must have labs and EKG current. Offer EXPIRES 09/30/2018



## 1 month Platinum Package \$150 + 8 vitamin B complex injections

### and 8 lipotropic injections

Includes: Physical, Food List Review, Body Composition Analysis & 4 week supply of: Appetite Suppressants. Must have labs and EKG current. Offer EXPIRES 09/30/2018

That's right. At **My Doctor Weight Loss Clinic**, we guarantee that our program will help you lose weight. Our program is not a diet, it's a physician supervised program that will be designed specifically for you. You'll learn how to eat healthy and normal foods and we'll provide medication and nutritional supplements.



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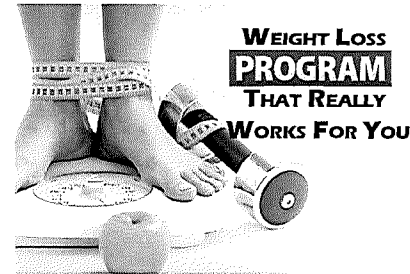
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## Great Tips & Recipes



We know how difficult it can be to lose weight and then keep it off. That's what sets us apart from other weight loss programs. We'll help you with advice and recipes that are great when you first start the program, in the middle of the program, and even after you complete your treatment.



[Learn More](#)

## New Prices and Specials

For 2018, we have restructured our pricing and offer new injection specials. You don't have to choose between your finances and your health, which is exactly why we'll work with you to make sure your program, as affordable as

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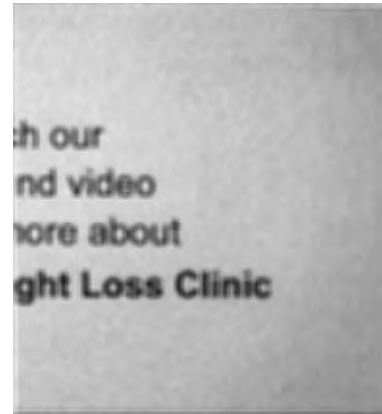
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## Happy Customer Reviews

There are no reviews yet – you can be the first!

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### Phentermine

Phentermine assist patients in losing weight. It suppresses appetite and boost energy levels. Combined with proper diet and exercise it helps speed up your metabolism and burns more fat that increases weight loss.

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### Phendimetrazine

Phendimetrazine is a prescription medication approved for short-term weight loss aid. Phendimetrazine curbs sudden night-time cravings. It is a fast acting pill, and effective appetite suppressant.

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### Lipo-Lean

A lipotropic (Lipo-Lean) decreases and speeds up the removal of fat within your liver. Three important components in Lipo-Lean (methionine, inositol, and choline) increases the flow of fats and bile from the liver and gallbladder.

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### B-12 Injections

B12 also aids in digestion. Considering that the body does not manufacture B12, the only way to get it is through diet and or supplementation. From a dieting standpoint, it can also help reduce the craving for food.

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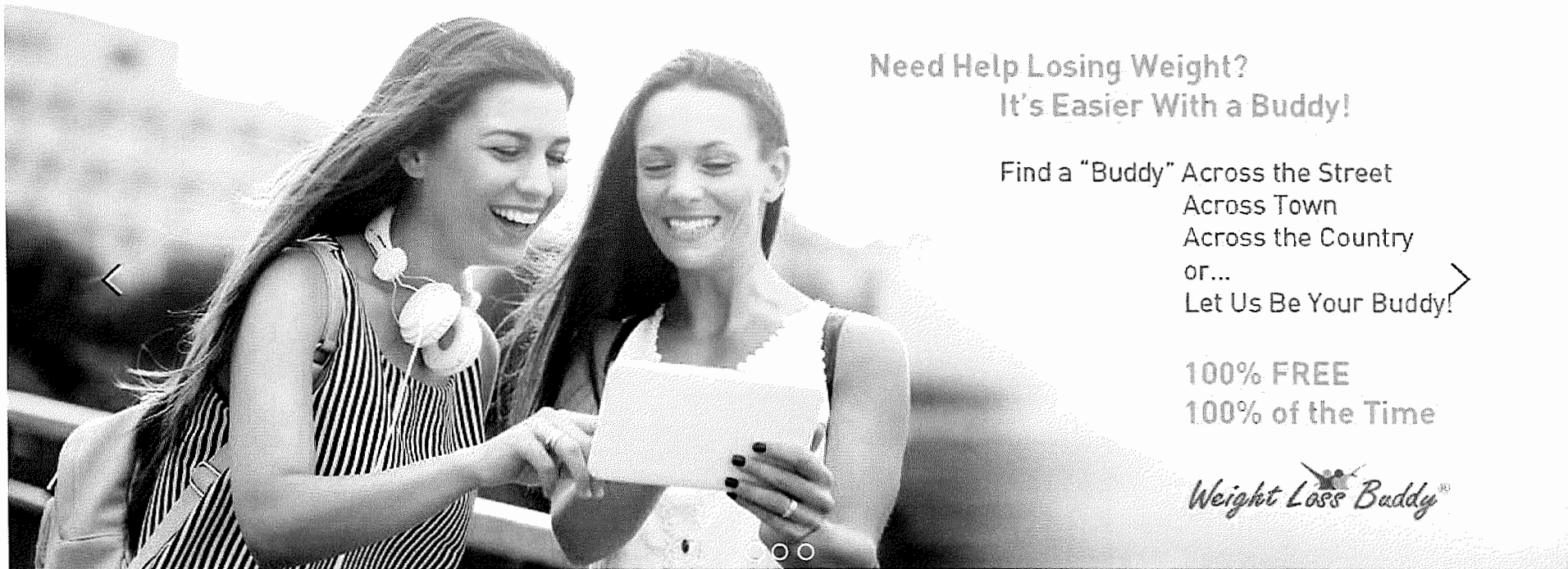
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Inspiration. Today I am feeling very inspired by a young woman I met yesterday. She was so f...

([profile\\_other.aspx?id=180353&name=HippieMama](profile_other.aspx?id=180353&name=HippieMama))

### Diet blending idea (/login.aspx)

HippieMama ([profile\\_other.aspx?id=180353&name=HippieMama](profile_other.aspx?id=180353&name=HippieMama))  
So, I've been looking into starting intermittent fasting. It seems to work, looking at the stu....

### July 2018 (/login.aspx)

healthydazzle ([profile\\_other.aspx?id=134665&name=healthydazzle](profile_other.aspx?id=134665&name=healthydazzle))  
Hi I know it is the last day in July, but I have had a lot of motivation and the beginning of ...



(profile\_other.aspx?  
id=134665&name=healthydazzle)

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### Doing it For Myself (/login.aspx)

Elsa1994Liliana (profile\_other.aspx?id=179996&name=Elsa1994Liliana)

Recently, I stepped on the scale again only to see I was back to almost my highest weight. I h....

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(profile\_other.aspx?  
id=179996&name=Elsa1994Liliana)

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## This Month at WeightLossBuddy

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### Buddy of the Month\*

Shaylynn

I cannot believe I have been on line with WLB for 4 years now. At that time I weighed 223 and ...

(profile\_other.aspx?  
id=106192&name=Shaylynn)

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### Expert of the Month

Diane Lang

Therapist, Educator and Life Coach Diane Lang has dedicated her career to helping peop...

(expert\_profile\_other.aspx?  
id=60855&name=Dlang)

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### Team of the Month

50+ and Determined

A group of men and women who are serious about losing weight and get fit. We aren't going...

(team\_profile.aspx?  
teamid=3118)

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### Book of the Month

Skinnytaste One and Done: 140 No-Fuss Dinners for Your Instant Pot, Slow Cooker, Air Fryer, Sheet Pa

For your Instant Pot®, electric pressure cooker, air fryer, slow cooker, multi-cooker, Dut...

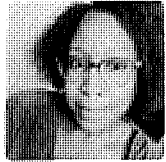
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- support you 24/7
- applaud your success
- restore your sense of worth
- share your disappointments
- make you laugh
- inspire you
- hold you accountable
- take away the loneliness
- have your best interest at heart
- help you become the person you want to be!

## COOL NEW BUDDIES



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(profile\_other.aspx?

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PJ Mask)

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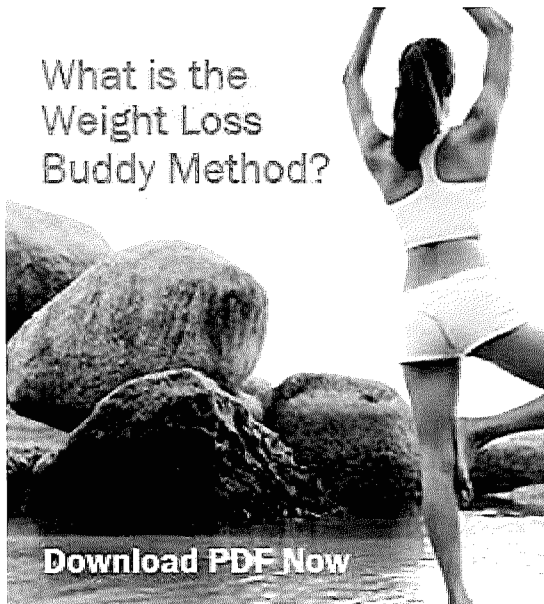
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# 3 KEYS TO SUCCESS









I'm seriously blown away by how much weight I've lost in just my first week!  
It's so good as you say it is!

Wendy Hilliard

# HOW CAN WE HELP

We understand the constant battle of trying to lose weight and then trying to maintain those goals afterwards. Our friendly and confidential staff is on hand ready to help you on your journey.

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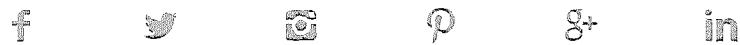
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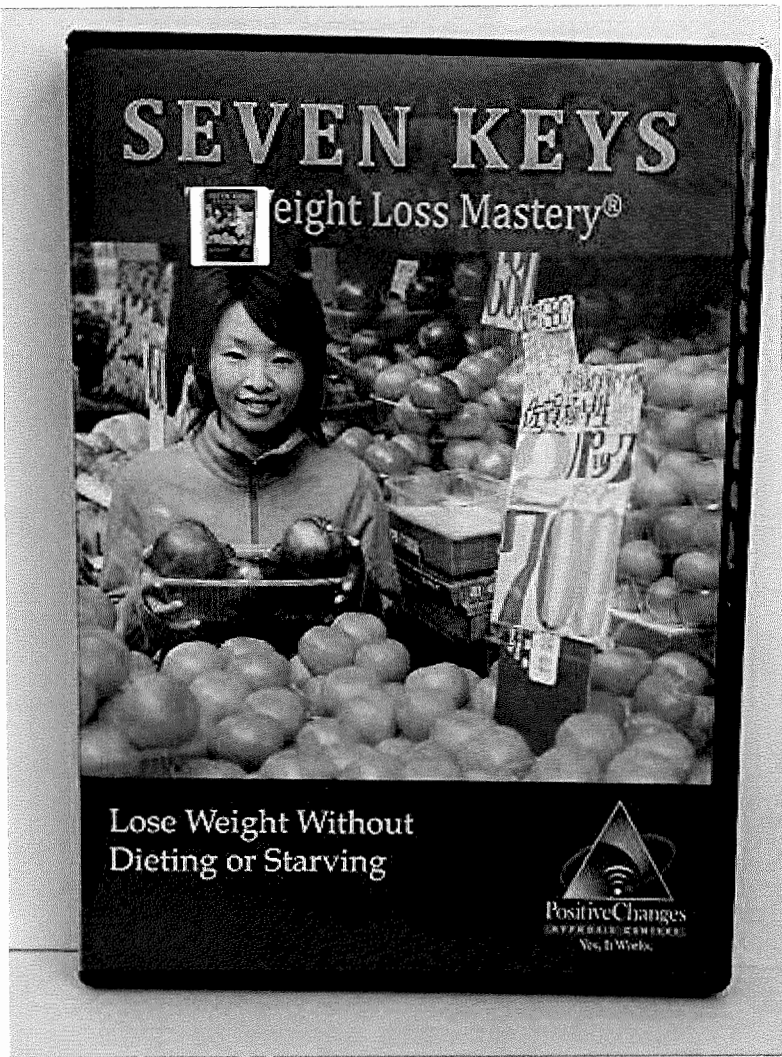
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We invite you to discover some of the many ways we're different.

MULTI DISCIPLINARY APPROACH

DOCTORS

TEAM

OUR FACILITY

# MULTI DISCIPLINARY APPROACH

At Weight Loss Surgery of Southern California, we believe that the best possible treatment options result when there's a true collaboration between you and your doctor. No two patients are alike and the right plan takes into careful consideration your specific healthcare needs, goals and expectations.

Weight Loss Surgery of Southern California was founded by a group of doctors who are passionately committed to offering patients the best and most comprehensive care possible. They feel that a multi-disciplinary approach benefits patients by providing a full circle of care among a top team of medical professionals dedicated to each individual patient's well-being.

---

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# DOCTORS



Theodore M. Khalili



Gregg Kai Nishi



Eraj Basseri



Steve C. Chen



Omid A. Shaye

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of Southern California  
is built on the ideal  
that our relationships



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Pedram J. Enayati



Ritu Chopra

VIEW TEAM

# TEAM



Michael R. Fiorentino



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Howard Gluss, PhD

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With our patients are  
truly a partnership for  
life.

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Misti Gueron, MS, RDN



Debrah Henderson

VIEW FACILITY

We believe that by —  
working together  
with our patients, we  
can create ongoing  
and long-lasting  
healthy changes in  
their lives.

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## OUR FACILITY

Our space is designed to inspire and welcome.  
The architecture reflects the openness, ease and convenience of our practice.

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take it off

weight loss program

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I Want To Take It Off

## I Want To Take It Off!

For individuals who want great information on losing weight and to find out about the Take It Off Program.

# About the Take It Off Program



## Overview

Healthy eating, moderate exercise and one-on-one coaching - it's that simple. Use grocery store foods and quick recipes to create your own flavorful meals. Dieting is history – a healthy lifestyle puts you in charge of your future!



## Philosophy

Notice the first 3 letters of the word “diet” compared to the first 4 letters of the word “lifestyle”. Positive changes in your lifestyle lead to both immediate weight loss and lasting success. Break free from diets and

lose weight the  
healthy way.



## Healthy Eating Plan

Weight loss is a calories-in, calories-out equation. When you consume fewer calories than your body expends in a day, you will lose weight.

The challenge, however, is preventing hunger while trying to restrict calories.



## Exercise for Life

For adults 80% of successful weight loss is the result of following the right eating plan. However, 80% of successful weight maintenance is the result of regular exercise.

# FREE Weight Loss Tips

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Don't  
delay  
any  
longer  
what  
could  
be  
a  
healthy  
rest  
of  
your  
life.



You've  
waited  
this  
long  
and  
thinking  
about  
losing  
will  
not  
get  
you  
there.  
You  
must  
take  
action...  
today!

## Why Who Has Taken It

---

> I  
didn't  
have  
the  
benefit  
of  
gaining  
weight  
> later  
in  
life.  
I've  
always  
been  
a  
big  
> girl  
growing  
up  
food  
was

*unconditional*

*love.*

*I*

*ate*

*when*

*I* <sup>rs</sup>

*was*

*happy*

*and,*

*sad.*

*Sports*

*seasons*



The success of the Take It Off Program is founded on one thing; client success. We know that participants want the immediate gratification of watching the scale go down but that they also need a program that creates long-term weight loss. The Take It Off Program accomplishes both short and long-term weight loss by following three specific philosophies:

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SUCCESS STORIES



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Laughing Cow Cheese is a Must!

---

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## About Us

Physician's Wellness & Weight Loss Center was founded to be the premier medical weight loss center uniquely positioned in the quad state area of Eastern Oklahoma. Our cutting-edge weight loss programs are tailored for those seeking a medically safe non-surgical weight loss option. Because our thorough understanding of the importance of nutrition, fitness, and motivation rather than a fad diet approach. Our program was established to be effective in keeping you motivated and energized while helping you reach and sustain a healthy body weight. Physicians Wellness and Weight Loss Center is a true pioneer in the weight loss field.

Our programs utilize the best formulas for success with the use of appetite suppressants, vitamin supplements, B-12 injections, and the revolutionary Lipotropic injections.

In an effort to continually seek an increased level of personalized care for our patients we also offer point of care dispensing of our prescribed medications. This translates to time and cost savings as the prescriptions are filled on-site and given directly to the patient.

Our medical providers and highly trained staff at Physician's Wellness & Weight Loss Center are excited to welcome you to our premier weight loss center where our goal is comprehensive health for every patient. We advocate that the basis for health starts with respect for our bodies.

If you are seeking an effective and convenient weight loss program look no further. We enthusiastically anticipate helping you safely and quickly lose weight while becoming the happier, healthier you.

*"Obesity is associated with significantly increased risk of more than 20 chronic diseases and health conditions that cause devastating consequences and increased mortality"*

Stop Obesity Alliance

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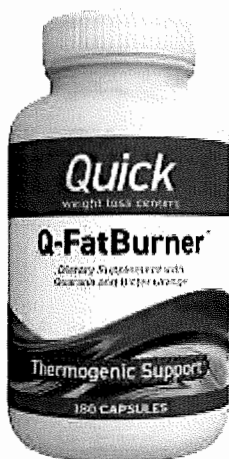
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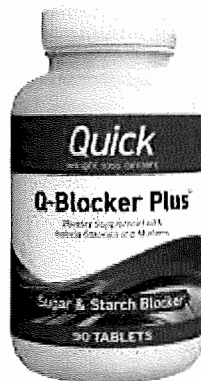
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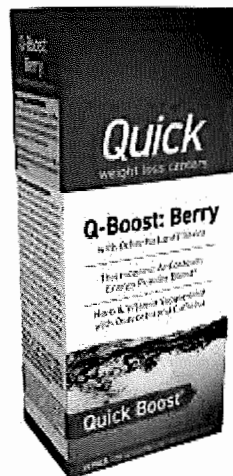
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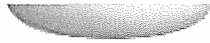
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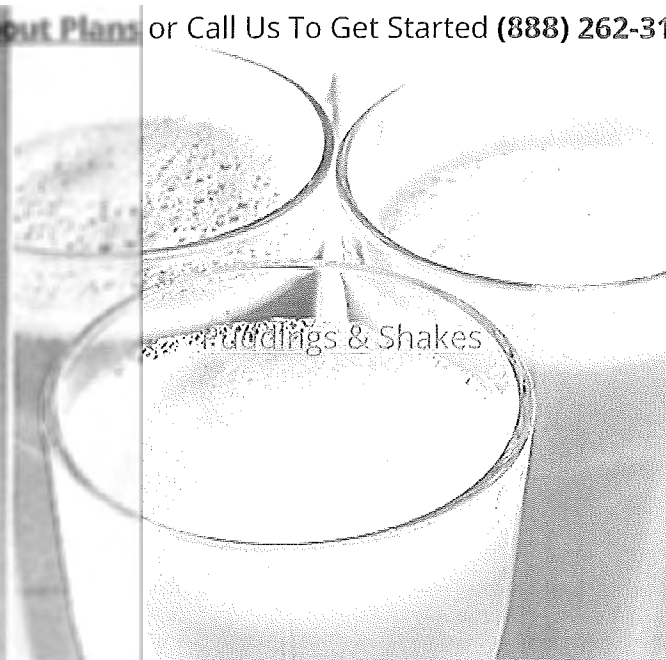
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