



## ESSENTIALS OF WEIGHT LOSS

### What?

BMI 25-29.9 = Overweight

BMI 30-34.9 = Class 1 Obesity

BMI 35-39.9 = Class 2 Obesity

BMI > 40 = Class 3 Obesity (Morbid or Severe Obesity)

### Who?

Obesity is now an epidemic in the US, no states in the US have less than 20% , some states up to 35% prevalence

### Why?

Obesity Related Health Problems:

Metabolic - Diabetes, high blood pressure, high cholesterol

Cardiovascular - heart disease and Stroke

GI - acid reflux, gallbladder disease, fatty liver

Respiratory - Sleep Apnea, worsening asthma, hypoventilation syndrome, dyspnea on exertion

Musculoskeletal - arthritis, aches and pains, gout

Dermatological - stretch marks, hirsutism, fungal skin infections, venous stasis/dermatitis

Psychological - depression, social stigmatization

### How?

Partner with me, I will be your coach

First and Foremost is DIET

A calorie is a calorie is a calorie

Calculate your BMR (basal metabolic rate), number of calories required to keep your body functioning at rest, adjust for activity level, subtract 500 calories per day to lose about 1 pound per week

Role of Exercise

Medicine and other therapeutics

Weight Loss Apps: Loselt!, myfitnesspal.com, Noom

Other modalities: Bariatric surgery

## Weight Loss PEARLS

- \*Diet is the most important factor
- \*Exercise is an adjunct and more beneficial for weight loss maintenance than initial weight loss
- \*Drink plenty of water, it increases satiety, increases calorie burning and it's needed to burn fat
- \*You need proper sleep to lose weight, lack of sleep affects hunger hormone levels, increasing Ghrelin, which makes you feel hungry, and decreasing Leptin, which makes you feel full
- \*Connection between Inflammation and Obesity, inflammation can increase the hunger hormone Ghrelin and chronic inflammation can lead to cardiovascular disease, Diabetes and Autoimmune disorders
- \* Inflammatory foods: sugar, gluten, processed foods, fried foods, fatty foods, refined carbs
- \*Glycemic Index: foods with a high glycemic index, or GI, are quickly digested and absorbed, causing a high rise in blood sugar; a lower glycemic index diet can help maintain weight loss
- \*You need to eat to lose weight....if you significantly decrease your caloric intake, body goes into protection mode to prevent starvation, and you won't lose weight
- \*Reasonable goal:5-10 % in 6 months
- \*End points other than weight loss = energy, mood, clothes size, self image
- \*Stick with natural foods ie. foods you can pick, gather, harvest, hunt or farm ie fruit, vegetables, grains, nuts, beans, real carbohydrates (not packaged/processed) , fish, poultry , lean pork and beef
- \*Don't eat until you are stuffed
- \*Use the Plate portion method
- \*Don't be fooled with salads
- \*Don't drink your calories
- \*Limit Alcohol
- \*Learn how to read labels on foods
- \*Meal ideas:  
<https://www.diabetes.org/healthy-living/recipes-nutrition/meal-planning/quick-meal-ideas>  
<https://www.allrecipes.com/recipes/22607/healthy-recipes/weight-loss>  
<https://www.foodnetwork.com/healthy>  
<https://www.eatingwell.com/recipes/18045/weight-loss-diet>  
<https://www.health.com/food/weight-loss-meals>

## **Selected Types of Diets**

Mediterranean Diet: Based on the traditional foods that people used to eat in countries bordering the Mediterranean Sea, including France, Spain, Greece, and Italy. It typically encourages fruits, vegetables, whole grains, legumes, nuts, seeds, and heart-healthy fats. Processed foods, added sugar, and refined grains should be restricted. Studies have now shown that the Mediterranean diet can promote weight loss and help prevent heart attacks, strokes, type 2 diabetes, and premature death.

Eat: vegetables, fruits, nuts, seeds, legumes, potatoes, whole grains, herbs, spices, fish, seafood, and extra virgin olive oil

Eat in moderation: poultry, eggs, cheese, and yogurt

Eat rarely: red meat, sugar-sweetened beverages, added sugars, processed meat, refined grains, refined oils, and other highly processed foods

Paleo Diet: Centers on the idea that eating like our ancestors aligns with our genetics and promotes good health. A paleo dieter's food choices are limited to what could be hunted, fished, or gathered in prehistoric times such as meats, fish, and vegetables. A paleo eating plan that is high in fiber, potassium and antioxidants while being low in simple carbohydrates, sodium and sugar can be a healthy eating plan. It discourages foods that are highly processed or have artificial ingredients and colorings.

Intermittent Fasting: There are several different ways to do intermittent fasting, but they are all based on choosing regular time periods to eat and fast. For instance, you might try eating only during an eight-hour period each day and fast for the remainder. Or you might choose to eat only one meal a day two days a week. There are many different intermittent fasting schedules. After hours without food, the body exhausts its sugar stores and starts burning fat.

Keto Diet: The ketogenic diet is based on the principle that by depleting the body of carbohydrates, which are its primary source of energy, you can force the body to burn fat for fuel, thereby maximizing weight loss

Vegetarian Diets: heart healthy but need to make sure you get protein. Vegan: excludes all meat, poultry, fish, seafood, eggs and dairy. Vegetarian: includes eggs and dairy

**\*\* People are all different, so not just one diet suits everyone\*\***

# 10 ways to cut 500 calories a day

No matter what type of diet you follow, to lose weight, you need to burn more calories than you take in each day. For most overweight people, cutting about 500 calories a day is a good place to start. In general, if you can eat 500 fewer calories every day, you should lose about a pound a week.

## How to Cut Calories

Try these 10 ways to cut 500 calories every day. It is easier than you may think.

- **Swap your snack.** Many people reach for a snack or two in between meals. Snacking is fine, but be sure to choose lower-calorie options. The key is to have some [healthy snacks](#) ready when hunger hits. Instead of a 3-ounce (85 g) bag of flavored tortilla chips (425 calories), choose a cup (250 mg) of air-popped popcorn (31 calories), a cup (250 mg) of grapes and a low-fat cheese stick (180 calories) or a small apple and 12 almonds (160 calories). Choosing healthy snacks twice a day will save you 500 calories.
- **Cut out one high-calorie treat.** Try to remove one high-calorie food item each day. Whether it is a donut in the morning, a brownie or bag of chips at lunch, or chocolate cake after dinner, you will save 250 to 350 calories or more. To burn another 150 calories, take a 40-minute brisk walk after lunch or dinner.
- **Do not drink your calories.** One 12-ounce (355 mL) regular soda has about 150 calories, and a 16-ounce (475 mL) flavored latte can pack 250 calories or more. Even fruit smoothies have lots of calories, as many as 400 in a 16-ounce (475 mL) serving. A couple of sweet drinks a day can easily add up to 500 calories or more. Choose water, sparkling water, or black coffee or tea instead and save your calories for foods that will help you feel full.
- **Skip seconds.** Taking a second helping can add up to unwanted calories. It is easy to keep filling your plate when you serve food family style on the table. Instead, fill your plate once and keep extras in the kitchen. Or, if you still do not feel satisfied, add a second helping of vegetables, fruit, or salad.
- **Make low calorie substitutions.** Substitute lower-calorie options for some of your high-calorie favorites. For example, if a recipe calls for a cup (250 mL) of sour cream (444 calories), use plain low-fat yogurt or Greek yogurt instead (154 calories).
- **Ask for a doggie bag.** The portions at most restaurants are much larger than recommended serving sizes. Instead of cleaning your whole plate, ask the server to put half in a container for you to take home for another meal. You can also share an entrée with a friend, or make a meal out of an appetizer and a large salad. Just be sure to go easy on the dressing and fried toppings.
- **Just say "no" to fried food.** Frying food adds lots of unhealthy calories and saturated fat to any dish. Instead of fried chicken or fish, choose grilled, broiled, or poached instead. And

skip the French fries. A large serving of fries alone can add almost 500 calories to a meal. Instead, see if you can substitute for the vegetable of the day or a side salad.

- **Build a thinner pizza.** Skip the meat toppings, extra cheese, and deep-dish crust, and have a couple slices of thin-crust vegetable pizza instead. You will save a little over 500 calories.
- **Use a plate/bowl.** Eat all food from a plate or bowl, including snacks. When you snack out of a bag or box, it is easy to eat more than you intend to. This is especially true if you are sitting in front of the TV. You may be surprised to learn that a large bag of chips could be more than 1000 calories. Instead, place one portion in a bowl, and put the rest away.
- **Avoid alcohol.** Cutting back on alcohol is an easy way for many people to trim [calories](#). Alcohol does not have any nutritional value, so when you imbibe (drink) alcohol, you are getting empty calories, up to 500 for some mixed drinks made with syrupy sweeteners, fruit juices, and ice cream or heavy cream. If you do order a drink, choose a 12-ounce (355 mL) light beer (103 calories) or a 5-ounce (145 mL) glass of wine (120 calories).

## Foods to Reduce

These foods can cause spikes in blood sugar or contain unhealthy fats. Foods to avoid or limit can include:

- processed grains, such as white rice or white pasta
- fruits with added sweeteners, including apple sauce, jam, and some canned fruits
- full-fat dairy
- fried foods or foods high in trans fats or saturated fats
- foods made with refined flour, such as white bread
- sugar-sweetened beverages, including soda, some juices, and flavored coffee drinks
- foods high in added sugar, like some flavored yogurts, pastries, cakes, candies, and sweetened breakfast cereals

## TIPS for Eating Healthy When Eating Out

When eating out at a restaurant, keep portion sizes small and carefully select food and beverages for their healthfulness. Making wise choices will help keep your body and mind in tip top shape. Going out to eat should be a pleasurable, social experience with family and friends.

Take small steps to choose healthy foods and beverages. Start by following some of these tips:

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole wheat bread for sandwiches.
- In a restaurant, start your meal with a salad packed with veggies with low fat dressing, to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Then use only as much as you want.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- Choose a “small” or “medium” portion. This includes main dishes, side dishes, and beverages.
- Order an item from the menu instead heading for the “all-you-can-eat” buffet.

If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:

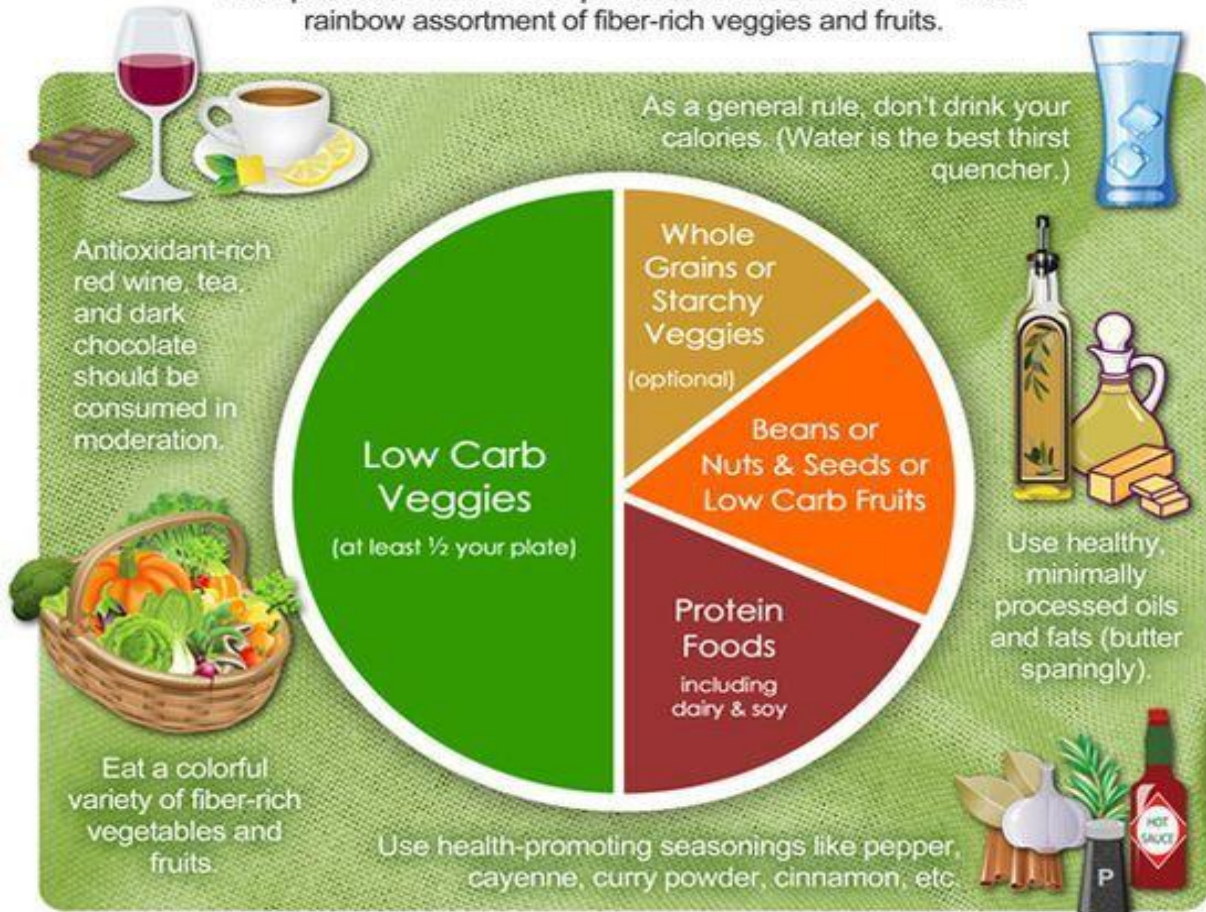
- Order an appetizer or side dish instead of an entrée.
- Share a main dish with a friend.
- If you can chill the extra food right away, take leftovers home in a “doggy bag.”
- When your food is delivered, set aside or pack half of it to go immediately.
- Resign from the “clean your plate club” – when you’ve eaten enough, leave the rest.

To keep your meal moderate in calories, fat, and sugars:

- Order foods that do not have creamy sauces or gravies.
- Add little or no butter to your food.
- Choose fruits for dessert most of the time.



Keep this plate in mind for meal planning and your overall approach to daily eating. Also remember to spread your carbs throughout the day, choose high-fiber carb foods, and always pair them with protein. Keep healthy by eating a good variety of unprocessed animal and plant foods. And think color – eat a rainbow assortment of fiber-rich veggies and fruits.



Note: If you have special dietary needs or restrictions, talk to your doctor before changing your eating habits.

Low Carb Vegetables	Whole Grains & Starchy Veggies	Beans, Nuts & Seeds, Low Carb Fruits	Protein Foods (including dairy & soy)
<p><b>At least 1 to 3 cups</b></p> <ul style="list-style-type: none"> <li>• Kale</li> <li>• Spinach*</li> <li>• All leafy greens/lettuces*</li> <li>• Mushrooms</li> <li>• Broccoli</li> <li>• Cauliflower</li> <li>• Avocado</li> <li>• Artichoke</li> <li>• Cucumber</li> <li>• Celery*</li> <li>• Asparagus</li> <li>• Okra</li> <li>• Cabbage</li> <li>• Bell pepper*</li> <li>• Beets</li> <li>• Green beans</li> <li>• Carrots</li> <li>• Sugar snap peas</li> <li>• Chili peppers</li> <li>• Radishes</li> </ul>	<p><b>No more than 1/4 to 1/2 cup, cooked</b></p> <ul style="list-style-type: none"> <li>• Barley (pearl, ok; hulled, better)</li> <li>• Steel cut oats</li> <li>• Bulgur</li> <li>• Popcorn (home popped)</li> <li>• Wild rice</li> <li>• Quinoa</li> <li>• Buckwheat groats/kasha</li> <li>• Wheat berries</li> <li>• Sweet potato/yams</li> <li>• Peas</li> <li>• Corn</li> <li>• Parsnips</li> <li>• Turnips</li> <li>• Squashes/pumpkin</li> </ul>	<p><b>About 1/4 to 1/2 cup, depending on carb count</b></p> <ul style="list-style-type: none"> <li>• Lentils</li> <li>• Soybeans (including edamame)</li> <li>• Black beans</li> <li>• All beans &amp; legumes</li> </ul> <p><b>About 1/4 cup</b></p> <ul style="list-style-type: none"> <li>• Almonds</li> <li>• Macadamias</li> <li>• Brazil nuts</li> <li>• Peanuts</li> <li>• All nuts &amp; seeds (and unsweetened nut butters)</li> </ul> <p><b>About 1/2 to 1 cup, depending on carb count</b></p> <ul style="list-style-type: none"> <li>• Melons</li> <li>• Raspberries/blackberries</li> <li>• Strawberries*</li> <li>• Plums</li> <li>• Citrus fruits</li> </ul>	<p><b>About 3 to 6 oz. (3 oz. is about the size of a deck of cards)</b></p> <ul style="list-style-type: none"> <li>• Whole, unprocessed meats &amp; poultry (avoid cold cuts, sausage, bacon, etc.)</li> <li>• Eggs (free range, organic, if available)</li> <li>• Fish, especially oily, cold-water species (wild caught, whenever possible) &amp; Shellfish</li> <li>• Tofu</li> <li>• Yogurt (unsweetened, full fat)</li> <li>• Cheese (full fat)</li> <li>• Cottage cheese (4% milk fat)</li> </ul>

# FOODS THAT FIGHT INFLAMMATION

Chronic inflammation has been linked to cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's. Fight inflammation with a healthy diet.



## ANTI-INFLAMMATION FOODS



**Tomatoes**



**Fruits**

Strawberries, blueberries, oranges and cherries.



**Nuts**

Almonds, walnuts, and other nuts.



**Olive oil**



**Leafy greens**

Spinach, kale, collards, and more.



**Fatty fish**

Salmon, mackerel, tuna, and sardines.

## INFLAMMATION FOODS



**Fried foods**



**Sodas**



**Refined carbs**



**Lard**



**Processed meats**





**U.S. FOOD & DRUG  
ADMINISTRATION**

## Quick Tips for Reading the Nutrition Facts Label

Healthy cooking and eating start at the grocery store. Bring this Tip Card with you when food shopping to help you make nutritious choices. To create your Tip Card:

1. Use a pair of scissors to cut along the dotted lines.
2. Fold along the center line.
3. Keep the Tip Card in your wallet or purse.



## The Nutrition Facts Label Tip Card

### Quick Tips for Reading the Nutrition Facts Label

**Check the serving size** when comparing calories and nutrients in different food products. The nutrition information listed on the Nutrition Facts label is based on the serving size listed on the label.

**Consider the calories.** 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, and physical activity level. You can find your personal daily calorie needs at <https://www.fda.gov/downloads/Food/LabelingNutrition/UCM606203.pdf>

**Use Percent Daily Value (%DV) as a guide.** The %DV shows how much a nutrient in a serving of the food contributes to a total daily diet. As a general guide: 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.

**Nutrients to get less of include:** saturated fat, *trans* fat, sodium, and added sugars.

**Nutrients to get more of include:** dietary fiber, vitamin D, calcium, iron, and potassium.

Keep the Tip Card in your wallet or purse

### Nutrition Facts

8 servings per container

**Serving size 2/3 cup (55g)**

Amount per serving

**Calories 230**

% Daily Value\*

<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Phentermine Patient Information

### Who Is Phentermine For?

Phentermine is a medication for weight management. It is for people with weight-related complications of obesity. It is meant to be used together with a lifestyle therapy regimen involving a reduced calorie diet and increased physical activity.

### How Does Phentermine Work?

Phentermine is similar to an amphetamine. It stimulates the central nervous system (nerves and brain), which increases metabolism and decreases your appetite. Many insurance companies don't cover the cost of the medication, so you might have to pay out-of-pocket for it.

### Who Should Not Take Phentermine?

- People who have heart disease or uncontrolled hypertension
- Women who are pregnant, nursing, or planning to become pregnant
- People who have glaucoma
- People with uncontrolled hyperthyroidism (overactive thyroid)
- People who are taking a monoamine oxidase inhibitor (MAOI) now or have taken one within the past 14 days
- People who are prone to agitation (extreme restlessness and irritability)
- People with a history of drug abuse

### Is Phentermine a Controlled Substance?

Yes, phentermine is a federally controlled substance because it may be abused or lead to drug dependence. Some states only allow your doctor to prescribe one month at a time.

### Off Label Prescribing:

A provider is not required to use the medication as the labeling suggests. This is called off label prescribing. Phentermine is FDA approved for only short term, less than 12 weeks, use.

Many prescribers have found appetite suppressants to be helpful for periods longer than those suggested in the medication labeling and at times in larger doses. The indications for these usages are based on experience. Such usage has not been as systematically studied as that suggested in the labeling and it is possible, as with most other medications, that there could be side effects. Often, the probability of such side effects is outweighed by the benefit of the appetite suppressant for the given dose and indication.

### Which Medications Might Not Be Safe to Use with Phentermine?

Phentermine can affect how other medicines work in your body, and other medicines can affect how phentermine works or make side effects worse. Tell your doctor about all the medicines and supplements you take,

especially the following medicines:

- Monoamine oxidase inhibitors (MAOIs)—usually used to treat depression
- Adrenergic neuron blocking drugs—these are usually taken to treat high blood pressure or psychotic symptoms
- Selective serotonin reuptake inhibitors (SSRIs)—used to treat depression and anxiety

Phentermine

### What Are the Common Side Effects of Phentermine?

- Dry mouth
- Restlessness
- Difficulty sleeping
- Increase in heart rate
- Increase in blood pressure

### What Are the Possible Serious Side Effects of Phentermine?

**Primary Pulmonary Hypertension.** A rare but disease of the lungs known as primary pulmonary hypertension has been reported in patients taking phentermine and phentermine-like products. Stop taking phentermine and call your doctor if you experience any difficulty breathing, severe chest pain, fainting, or swelling in the legs.

**Heart Valve Disease.** Heart valve problems or disease have been reported in patients taking phentermine or other phentermine-like products for weight loss.

The possibility of an association cannot be ruled out.

**Low Blood Sugar (Hypoglycemia).** Weight loss can cause low blood sugar in people with type 2 diabetes who also take medicines used to treat type 2 diabetes. Test your blood sugar before and during treatment with phentermine.

### Are There Any Special Precautions with Phentermine?

Do not drink alcohol while taking phentermine.

Do not drive a car or operate heavy machinery until you know how phentermine affects you.

Phentermine can slow your thinking and motor skills and also may affect your vision.

By signing below, I acknowledge that I have read the foregoing informed consent and agree to the treatment with its associated risks.

Client's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Client's name: \_\_\_\_\_

## **B Complex Vitamins**

These help metabolize carbohydrates, fats, and proteins, activating stored energy instead of letting it turn to fat. They help convert food into energy.

Vitamin B1: serves as a catalyst in the metabolism of carbohydrates.

Vitamin B2: assists in metabolizing fats and carbohydrates.

Vitamin B3: assists in the breakdown of nutrients into a release of energy. Vitamin B3 also can help reduce cholesterol levels for patients.

Vitamin B12 also helps various neurological functions.

B complex vitamins help with boosting the energy. When you have more energy, you are more motivated to work out, thus encouraging weight loss. Some studies show that having adequate blood levels of vitamin B12 may be linked to a lower risk of obesity. Other research suggests that vitamin B12 may affect body fat and boost metabolism.

B Complex Common side effects: Headache, Itching, Swelling, Nervousness and anxiousness  
Involuntary or uncontrollable movements

Serious side effects (contact your medical practitioner immediately):

Low levels of potassium in the blood

Congestive heart failure

Clots in the arms and legs

Life-threatening allergic reaction called anaphylaxis, in which you may have trouble breathing, your tongue swells and/or throat closes up, and your skin breaks out into hives

Fluid building up in the lungs

Some medications that can block absorption of Vitamin B12 are: Prilosec (omeprazole)  
Colcrys and Mitigare (colchicine)

Vitamin B12 and Alcohol

Alcohol decreases levels of B vitamins in the body -- especially if you drink a lot. You should avoid or limit alcohol consumption while taking vitamin B12.

By signing below, I acknowledge that I have read the foregoing informed consent and agree to the treatment with its associated risks. I hereby give consent to perform this and all subsequent Vitamin B injections.

Client's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Client's name: \_\_\_\_\_

## LIPOTROPICS

### Methionine, Inositol, Choline (MIC Injections); L-Carnitine

**Methionine** is an essential amino acid that functions as a lipotropic agent. This means that methionine helps to start the breakdown of fat in the body. Benefits of Methionine include:

- Lowers cholesterol, helps to eliminate fatigue, improves liver disease, improves hair, skin, and nails, improves production of creatine which improves cardiovascular/muscular functions

**Inositol** has several beneficial properties including:

- Promotes cell, nerve and brain health, assists in the metabolism of fats, assists the reduction of cholesterol in the blood, assists in the production of serotonin (a neurotransmitter that helps to control mood and appetite), can be used in the treatment of fatty liver, depression, anxiety, and polycystic ovarian syndrome (PCOS)

**Choline** is an essential nutrient that helps support the processing and release of waste from the liver, the transport and metabolism of fats and cholesterol, and the health of the endocrine and cardiovascular systems. There are various benefits of choline including:

- Normalizes cholesterol metabolism, improves liver function, induces glucose and insulin intolerance, aids memory, helps to maintain a healthy nervous system

**L-carnitine** helps move more fatty acids into your cells to be burned for energy. Studies found that L-carnitine supplementation significantly reduced body weight, body mass index (BMI), and fat mass.

**Possible side effects:** MIC injection may cause Drowsiness, Nausea, Vomiting, Redness of skin, Dizziness, Headaches, Low blood pressure. L-Carnitine may cause sweating, nausea, vomiting, abdominal cramps, diarrhea, and a fishy body odor. It can cause muscle weakness in people with uremia and seizures in those with seizure disorders.

**\*\*Methionine** is a sulfur-containing amino acid and should be avoided in anyone who has a sensitivity or allergy to sulfur.

I understand that although rare, these injections can result in serious side effects.

By signing below, I acknowledge that I have read the foregoing informed consent and agree to the MIC/ L-Carnitine injections with its associated risks.

Client's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Client's name: \_\_\_\_\_



# Weight Loss Consent

- Prior to my treatment, I have fully disclosed any medical conditions or diseases. If I fail to disclose any medical condition that I have, I release the doctor and facility from any liability associated with this procedure.
- I agree to immediately report any problems that might occur to my medical provider during the treatment program. I further understand that not complying with the dosage recommendations and dietary restrictions could increase risks. If I do not follow these recommendations and restrictions, I agree to release the doctor and facility from any liability arising as a result of this. While adverse side effects or complications are not expected, in the event that an illness does occur, I understand that I need to contact Dr. Gopez immediately. If I experience an emergency situation, I understand that I need to go to an emergency facility.
- I understand that if there are any changes in my medical history or there are any changes in my medications or any other changes relevant to this procedure, I will advise the doctor at that time.
- I give permission for photographs of the treated area(s) to be kept in my file, and to be used for teaching purposes, and/or promotional purposes. Complete patient confidentiality will be maintained at all times.
- I understand that I can be successful without the use of appetite suppressants or injections as long as I am following a reduced calorie nutrition plan and increasing my activity level, however the use of such medications and injections may significantly help with my weight loss progress.
- I understand that there is no guarantee that this program will work for me. I understand that I must follow the program as directed in order to achieve weight loss.
- By consenting to treatment, I agree to pay, in full, for all visits and charges incurred at each visit. I understand that these charges are not covered by my insurance and Meridian Aesthetics and Wellness does not provide or fill out claim forms for insurance purposes.
- I have read and fully understand the above terms. All my questions have been addressed to my satisfaction. I agree to release the doctor and the facility from any liability associated with this treatment.

Client's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Client's name: \_\_\_\_\_