



Fast Medical Weight Loss Plans

Appetite Suppressants

Oral medications

These medications work by turning off the hunger center in the brain to give you a full sensation. Some are more powerful than others.

Phentermine- more commonly used drug in this class

- One tablet once a day. Is recommended you start with 1/2 tablet a day until your body develops tolerance to the drug.
- Take medication early in the morning and drink at least 8-10 oz of water with the dose
- Wait at least 30 min before eating

It is usually given for 1-3 months at a time with a 1-2 months break off the drug after taking it 2-3 consecutive months. You will meet with the provider at least once a month prior to refilling the medication.

Other medications in this class includes Phendimetrazine and Lomaira

Benefits:

Weight loss

Increased energy

Increase metabolism

Common side effects:

Insomnia

Dry mouth-drink lots of water

Increase heart rate

Increase blood pressure

Constipation-take stool softener

Mood changes

Headaches

Feeling tired at the end of the day

Contraindications:

Uncontrolled glaucoma

Uncontrolled hypertension

Uncontrolled thyroid disease

Other important points: You should drink plenty of water during the day to help prevent feelings of fatigue or headaches at the end of the day. Your body will likely begin to develop tolerance to the drug after the first month and the hunger suppression will become less effective as time goes on. However, your metabolism continues to be elevated while taking the medication so you will continue to see weight loss benefits. However, you should make the most of your first month of taking the medication because this is when you will experience the greatest amount of weight loss.

Before completely stopping this medication, I suggest you break the last 3 tablets in 1/2 to take ½ tablet per day for 6 days to help decrease the rebound hunger effect when coming off of the medication. Also for a long-term weight loss solution, have a plan for when you are off the medication to keep the weight off.

If combined with a low calorie diet and an exercise routine you can expect to loose between 5-10 lbs per month. The weight loss however will slow down after about 4-6 weeks of taking the medication.

If you have chest pain, shortness of breath, sustained heart palpitations or any other cardiopulmonary symptoms while taking this drug, please alert your provider or go to the emergency room. Tell your doctor if you have any preexisting heart, eye or thyroid disease.

If you cannot tolerate some of the common side effects of phentermine there are some other options that have similar weight loss effects but may be less powerful they include:

Phendimetrazine

Lomaira

These are dosed up to 3 times a day. The side effects are less apparent with these medications and may be better tolerated.

Human Chorionic Gonadotropic Hormone (HCG)

This is the hormone checked in pregnant women but is used to help aid in weight loss. Although it is not FDA approved for weight loss it has been shown to increase testosterone levels overtime which helps increase metabolism, increase lean muscle mass and decrease body fat.

HCG is combined with a low calorie diet to help you loose weight very quickly.

If you choose this plan, a handout containing the diet plan will be given to you.

The diet plan includes 500 calories a day. Meat and vegetables for lunch and dinner and two snacks throughout the day are the hallmark of this diet plan.

Modifications should be made to the diet especially if you will be exercising regularly.

- We suggest adding in 2 low sugar protein shakes per day with your snacks. This will give you around 800-900 calories per day.

The hormone is injected in the subcutaneous fat layer in the belly using a diabetic needle and syringe once a day, rotating site.

The medical assistant will teach you how to draw up the medication and inject.

Common side effects:

Slight itching at injection site
Increase energy or fatigue
Headache
Increase fertility
Gynecomastia

Contraindications:

Uncontrolled hyperthyroidism

Plans:

There is a 30 or 60 day diet plan

These can be combined with phentermine and/or lipo B12 for added benefits

You can expect to lose around 1-2 lbs per day if you are following the diet strictly.

If you will be modifying the diet you can expect to lose 1-3 pounds per week.

There is no rebound hunger effect with this hormone.

Lipotropic B12

It contains B12 and other vitamins and minerals in solution, which help increase metabolism, decrease appetite, and metabolize fats through the liver so they aren't as readily stored in the body.

This can be used alone or with any diet plan to augment your weight loss journey

Also great to use as a weight management tool to help you keep the weight off long term while you are off the diet.

This is an intramuscular injection given 1-2 times per week. It is safe to take long term. The medical assistant will teach you how to inject or you can come into the clinic weekly or biweekly to have the injection done in the office.

Common side effects:

Injection site pain and tenderness
Possible body itching
Insomnia
Dry mouth
Increase heart rate

Skinny Shot Membership

You receive a weekly injection in the office of our slim boost lipotropic B12 injection for 6 months. Please ask about the pricing and terms and conditions.

Weight Loss Membership

For an affordable price, we offer a membership that includes phentermine, HCG and lipo B12 given for 3 months. You are required to come into the office weekly for the B12 and HCG injections, which are both given intramuscularly. You will also take an appetite suppressant daily.

The terms and conditions can be discussed with the medical assistant and provider.

Peptides

These are amino acids, which are building block for many cellular functions of the body

The peptides we offer act on the pituitary gland to increase growth hormone

They can be safely taken long term and should not be confused with exogenous human growth hormone.

There are several different types of peptides, some which help in aiding weight loss when combined with a healthy diet and lifestyle

Most are given via subcutaneous injection in the fat layer of the abdomen once a day.

Benefits:

Increased energy

Increase lean muscle mass

Decrease fat

Increase metabolism

Decrease appetite

Increase libido

Common side effects:

Injection site reaction

Stomach cramping

Diarrhea

Note: when peptides are taken long term, you should wean off the medication to prevent excessive lethargy

Tips for long-term success with any medical weight loss plan:

Maintain a health diet and lifestyle even when you are not taking any medications for weight loss.

Cycling on and off a weight loss plan especially in the first year may help train your body to continue burning fat by resetting your metabolism. Also this may help your body to become accustom to working at maintaining a healthy weight. The longer you can do this the better success you will likely have long term.

Additionally, you may want to consider getting your sex hormones checked especially testosterone, which is important in maintaining a healthy metabolism. If you have low testosterone, correcting it with hormone replacement therapy may help you maintain a healthier weight.

So what's next:

We will have someone discuss pricing with you and to help you choose the weight loss program that fits your needs. We recommend you have your blood drawn at least once a year to make sure your body is healthy enough to take and metabolize the medications. You will meet with the medical assistant and provider to review your medical history, the plan you chose and any questions you may have. Your provider may also recommend you get an EKG to make sure you don't have any underlying heart conditions.

After meeting with the provider and securing your plan, you will make your payment. If you had your blood drawn, it will take a few days for the results to return and for your the provider to review them. If they are normal your medications will be ordered and prescribed. We will call you when it's time to pick up your medications.

You will meet with the provider at least once a month while you are on a weight loss plan.

Thank you for choosing Tru Essence Spa to help you reach your weight loss goals.

I _____ acknowledge that I have read this document and understand the risks versus benefits and contraindications to the diet plan I have chosen.

Patient signature

Date _____