

Weight Loss Medication

Who is a candidate for weight loss medication?

- If you have a body mass index (BMI) ≥ 30 or
- If your BMI ≥ 27 with at least one "co-morbidity" such as high blood pressure, diabetes, high cholesterol, etc.

FDA-approved anti-obesity medication

medication	how does it work	side effects	precautions
phentermine*	stimulates the brain to decrease appetite	dry mouth, constipation, insomnia	Pregnancy (category C), nursing, moderate to severe hypertension, hyperthyroidism, agitated states.
<i>Qsymia</i> (phentermine/ topiramate)	combination drug that stimulates the brain to decrease appetite while decreasing cravings and providing taste aversion	dry mouth, numbness or tingling in extremities, dizziness, taste aversion, insomnia, constipation, dry mouth	Pregnancy (category X), nursing, glaucoma, use of monoamine oxidase inhibitors (MAOIs), hyperthyroidism.
<i>Contrave</i> (naltrexone/ bupropion)	combination drug that works on two areas of the brain to reduce hunger and help control cravings	nausea, constipation, diarrhea, headache; most resolve in days to weeks and do not recur.	Pregnancy (category X), nursing, uncontrolled hypertension; seizure disorders; chronic opioid use; MAOI use
<i>Saxenda</i> (liraglutide)	activates areas in the brain that slow down the release of food from the stomach to decrease appetite	nausea; gastrointestinal symptoms	Pregnancy (category X), nursing, history of medullary thyroid carcinoma, multiple endocrine neoplasia type 2, acute pancreatitis
Plenity (gelesis 100) coming soon	Taken before lunch and dinner with water, it fills up your stomach to help you eat less	abdominal distention and bloating, change in the frequency and consistency of bowel movements	Pregnancy (contraindicated), contains gelatin

FDA-approved medication – used off-label for weight loss

medication	how does it work	side effects	precautions
<i>Glucophage</i> (metformin*)	works to lower insulin by “kicking” the sugar of the cell, may decrease appetite , may help prevent diabetes if BMI > 35	GI upset, taste disturbance, may cause vitamin B ₁₂ deficiency	Only drug listed that is SAFE in pregnancy . Kidney disease or dysfunction. Concomitant intravascular iodinated contrast agents (stop taking during and 48 hours after IV contrast)
<i>Topamax</i> (topiramate*)	slows down the emptying of the stomach (decrease appetite), causes taste aversion (makes certain foods taste funny so not worth eating) and is associated with a reduced calorie intake	numbness or tingling in extremities, short-term memory loss, dizziness, difficulty with concentration	Pregnancy (category D), nursing, glaucoma, increase risk of kidney stones
<i>Wellbutrin</i> (bupropion*)	works "centrally" on the part of our brain involved in cravings and because it works centrally it also acts as an appetite suppressant	dry mouth, nausea, difficulty sleeping (take evening dose by 5pm)	Pregnancy (category C), nursing, seizure disorders, bulimia, anorexia, MAO-I, do not use with abrupt withdrawal of alcohol, benzodiazepines, barbiturates, or anti-seizure medication
<i>Zonegran</i> (zonisamide*)	works on dopaminergic and serotonergic receptors in the brain to help decrease appetite	headache, somnolence, dizziness, agitation, fatigue, confusion, GI upset, insomnia, paresthesia, kidney stones	Pregnancy (category C), nursing, kidney or liver impairment, depression

*available as a generic (use savings apps such as GoodRx, Blink, etc. available in your app store)
other than metformin, none of these medications are deemed safe in pregnancy → MUST USE BIRTH CONTROL

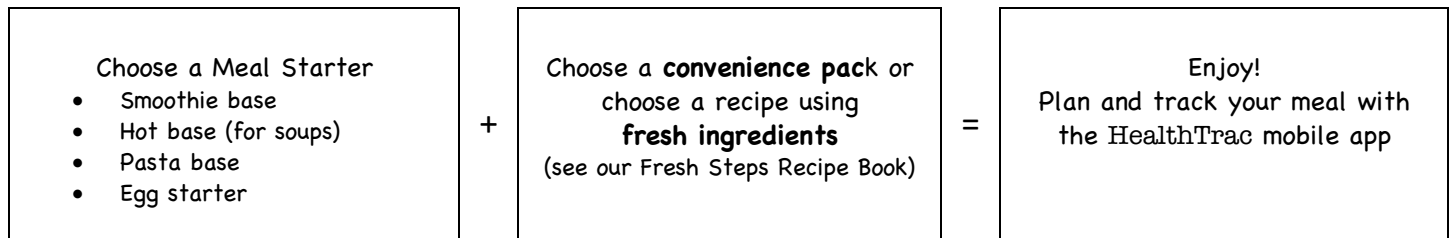
Meal Replacements

Meal replacements are the **MOST EFFECTIVE** non-surgical weight loss tool by combining calorie control WITH carbohydrate control as well ease and convenience. These plans are designed to be your **first step** in reaching your target weight. The **low carbohydrate, moderate protein, high fat** nature of these plans lead to **KETOSIS**, a state where your body relies on FAT as its primary source of fuel, preserving lean body mass (muscle mass) and diminishing hunger.

Fresh Steps Meal Starter System

Not a typical meal replacement plan

These plans involve pairing nutritionally balanced **meal starter** packs with either **convenience packs** or **fresh ingredients**



Full Plan

A motivating **jumpstart plan** that provides structure and control but with added variety. Resembles a traditional Very Low Calorie (VLC) diet. This is small, but frequent meal strategy.

- 4 meal starters + convenience packs
- 1 bar or snack
- NO fresh foods = NO prep needed
- each item 160 calories
- 800 calories total
- 100 g protein, 50 g carb, 50 g fat

Example day

breakfast: cheese & chive **egg starter**
lunch: farmhouse cheddar & broccoli **soup**
snack: chocolate crisp **bar**
dinner: asian inspired **pasta**
snack: blueberry delight **smoothie**

Fresh Steps

This is a hybrid plan that includes fresh foods at least one meal per day as well as adding fresh ingredients to the meal starter bases. Recipe book available including 200- and 400-calorie recipes for each meal starter as well as full grocery recipes.

- 2 meal starters + convenience pack OR fresh ingredients
- 1 bar or snack
- 1 full grocery based meal
- 1,000-1,200 calories total
- 100 g protein, 50 g carb, 50 g fat

Example day

breakfast: blueberry banana **smoothie**
lunch: country chicken & vegetable **soup**
snack: salted toffee pretzel **bar**
dinner: chicken kabobs

Meal Replacements can also be integrated throughout the day adding appetite control, nutrition and cost savings.

Fasting Mimicking Diet (FMD)

The FMD was created by Dr. Valter Longo, director of the Longevity Center at USC. He sought to replicate the benefits of water fasting while still providing the body with nutrition. His modifications avoid the calorie deprivation associated with other types of fasting. His protocol is based on decades of research, including several clinical studies.

We are now offering a five-day weight loss program called the **ProLon Fasting Mimicking Diet** through L-Nutra, a nutrition technology company that he started. The ProLon Fasting Mimicking Diet plan includes five-day, prepackaged meal kits. All meals and snacks are whole-food derived and plant based. The meal kits are low in carbs and protein yet high in healthy fats like olives and flax. During the five-day period, dieters only consume what's contained within the meal kit. The low-calorie, high-fat, low-carb content of the meals causes your body to generate energy from noncarbohydrate sources after glycogen stores are depleted. This process is called gluconeogenesis.

According to one study, the diet is designed to provide 34–54% of normal calorie intake. This calorie restriction mimics the body's physiological response to traditional fasting methods, such as cell regeneration, decreased inflammation, and fat loss. ProLon recommends that all dieters consult a medical professional — such as a doctor or registered dietitian — before starting the five-day fast. The ProLon five-day plan is not a one-time cleanse and must be followed every one to six months to obtain optimal results.

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Bariatric Nutrition
Fresh Steps Meal System
 PRODUCT LIST (updated March 2018)

Proti-VLC SMOOTHIES (7 packages/box) base mix + flavor pack

# of BOXES	SALES	ITEM	PRICE	employee	TOTAL
	SP0480	SMOOTHIE BASE MIX (7 packages per box)	\$18.00	\$13.50	
	SP0481	BLUEBERRY DELIGHT	\$7.00	\$5.25	
	SP0482	CALIFORNIA DREAMING (strawberry)	\$7.00	\$5.25	
	SP0483	CHOCOLATE INDULGENCE	\$7.00	\$5.25	
	SP0484	ORANGE CREMSICLE	\$7.00	\$5.25	
	SP0485	PINA COLADA	\$7.00	\$5.25	
	SP0486	VANILLA BEAN	\$7.00	\$5.25	
	SP0749	SMOOTHIE VARIETY BOX (7 base mix + 7 flavor packs)	\$25.00	\$18.75	

Proti-VLC SOUP (7 packages/box) base mix + flavor pack

	SP0488	HOT BASE (7 packages per box)	\$18.00	\$13.50	
	SP0489	COUNTRY CHICKEN & VEGETABLE	\$7.00	\$5.25	
	SP0490	FARMHOUSE CHEDDAR & BROCCOLI	\$7.00	\$5.25	
	SP0750	SOUP VARIETY BOX (7 base mix + 7 flavor packs)	\$25.00	\$18.75	

Proti-VLC EGG MEAL STARTER (7 packages/box)

	SP0814	CHEESE & CHIVE	\$15.00	\$11.25	
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Proti-VLC HIGH PROTEIN PASTA MEAL STARTER (7 packages/box)

	SP0815	FUSILLI STARTER	\$18.00	\$13.50	
	SP0816	FUSILLI PASTA VARIETY BOX (7 pasta + 7 flavor packs)	\$25.00	\$18.75	

Proti-VLC BARS (7 bars/box)

	SP0441	CHOCOLATE CRISP protein bars	\$15.00	\$11.25	
	SP0442	STRAWBERRY SHORTCAKE protein bars	\$15.00	\$11.25	
	SP0446	FLUFFY VANILLA CRISP protein bars	\$15.00	\$11.25	
	SP0440	ZESTY LEMON CRISP protein bars	\$15.00	\$11.25	
	SP0685	FLUFFY NUTTER protein bars	\$15.00	\$11.25	
	SP0649	SALTED TOFFEE PRETZEL protein bars	\$15.00	\$11.25	
	SP0428	NUTTY CARAMEL CRUNCH protein bars	\$15.00	\$11.25	
	SP0438	COOKIES & CREAM protein bars	\$15.00	\$11.25	
	SP0435	COCOA MINT protein bar	\$15.00	\$11.25	

STARTER OPTIONS

	SP0813	FRESH STEPS MEAL STARTER COOKBOOK	\$20.00	\$20.00	
	SP0887	FRESH STEPS 7-DAY FULL PLAN STARTER KIT	\$105.00	\$82.00	
	SP0891	ProLon (1-2 kits – price per kit)	\$235.00	\$235.00	
	SP0892	ProLon (3 or more kits – price per kit)	\$215.00	\$215.00	

Meal replacements can also be purchased on-line through the HealthTrac website (on desktop or laptop, not the app)

Copy and paste the link <https://donewithdieting.healthtrac.fit/portal/home/healthtrac/index.asp>

Click on “Store” in the top left corner ProLon kits can be purchased at <https://dunnewithdieting.gethealthy.store/>

HALT!

Consider WHY you are having this CRAVING!

- ☐ Are you HUNGRY?
- ☐ Are you ANGRY?
- ☐ Are you LONELY?
- ☐ Are you TIRED?

Mindful eating. Be, Breathe, and Relax

Be. Before you eat, enjoy a meditative moment. Look at your food. Smell your food. You may want to whisper a quiet grace. Be thankful.

Breathe. Take 3 relaxing, slow breaths before you start eating. You are setting the pace for a leisurely digestive tempo.

Relax. Once you start eating, focus on the tastes, the textures and “mouth feel” of your food. After your first few bites, take a break, rest your hands on your lap.

Repeat: Be, breathe and relax.
Savor the pause at your plate.

Make your Plate 🍽️

- 👉 **Protein portion:** size of your palm
choose *quality proteins
“Pay your farmer now OR your pharmacist later”
- 👉 **Non-starchy veggies:** 2 hands full
eat the rainbow: choose a variety of colorful veggies
- 👉 **Starch:** limit to the size of your fist
high-carb veggies, grains, legumes, fruits
- 👉 **Healthy fats:** size of your thumb
oily fish, avocado, olive oil, nuts & seeds

*Quality: choose grass-fed, pasture-raised, certified humane, sustainable seafood, USDA organic

Where to start?

1. Begin your meal with some of the low-carb veggies and some protein
2. Once you have taken the edge off your appetite, have some of the starchier food
3. Repeat

If you are still hungry just keep the above proportions

Daily Food Journal

Time of wake-up: _____ Quality of sleep: _____

meal _____
time _____

What I ate:
Hunger level before (0-10):
Hunger level after (0-10):
How I felt before:
How I felt after:
Other events:

meal _____
time _____

What I ate:
Hunger level before (0-10):
Hunger level after (0-10):
How I felt before:
How I felt after:
Other events:

meal _____
time _____

What I ate:
Hunger level before (0-10):
Hunger level after (0-10):
How I felt before:
How I felt after:
Other events:

Notes for Journaling

- ✓ List all foods, beverages, supplements and medications
 - Time of each meal
 - Approximate quantities
- ✓ EAT no more than 3 times a day
 - Eat your LARGER meal before 2 pm
 - Have a light SUPPER
 - STOP eating by 7pm
- ✓ Note physical as well as emotional symptoms
 - Bloating, tired, energetic, cheerful, craving a certain food, irritable, jittery, etc.
- ✓ Establish a consistent BEDTIME
 - The hours of sleep you get before midnight are more restorative
 - Note any sleep disturbances
 - Status on waking in the AM
- ✓ Get moving
 - Try to get in 30 minutes of exercise 5 days
 - All moving counts
 - Breathing exercises count as well

Congratulations and Welcome to the HealthTrac Program

You will get started with your weight loss goals by making healthy choices and tracking the food you eat every day. Keeping track of your weight and what you eat is an IMPORTANT part of changing your behavior.

Lose Weight, Improve Your Life

Did you know that a weight loss as little as **5-10%** can greatly improve your overall health and decrease your lifetime risk of illnesses such as Type 2 diabetes, heart disease and certain types of cancer. In this program, we will work towards a healthy balance between two parts of your lifestyle:

- ✓ **What and how much we eat** – GOAL: Lose weight through healthy eating
- ✓ **How active we are** – GOAL: Be more physically active

How Our Program is Different

We will provide you with the right combination of tools, products and support that you need to reach and maintain your goal weight. Together, we will help you choose from three nutritionally sound eating plans that best meets your needs. This will help you lose weight, stay satisfied and maintain muscle mass.

Getting Started with the HealthTrac App

The HealthTrac App is available as a free download to anyone using an iPhone or Android phone

1. To download to an **iPhone** or **Android**: Go to the App Store or Google Play and search “HealthTrac”
2. Tap “GET” and then “INSTALL” to download the HealthTrac App
3. Once downloaded, the HealthTrac App can be accessed on your phone

The first screen you will see after logging in is called the Dashboard

- ✓ **Username** – your email address
- ✓ **Password** – your First name (capitalized) 3030 i.e. Mary3030
- ✓ **Select “Remember me”** if you would like your login information to be saved

You can log onto HealthTrac from your desktop/laptop computer at <https://donewithdieting.sphpro.com>

Stay on Track with Easy-to-Use ONLINE TOOLS

A key feature of our program is its focus on creating healthy behaviors for sustainable results. Our online tools and resources help build new and necessary skills that lead to a holistic, healthy lifestyle.

My Tracker:	A simple way to text your activity and stay on track
My Plan:	Easy to follow eating plans to ensure you get the right portions and nutrition
Educational Materials:	Weekly learning modules to enhance your counseling experience
Meal Builder:	Search our extensive library to find recipes for home-prepared meals
Resource Center:	An extensive library of information to help you get the most of your mobile app

Color My Day

On the first day of your program and each day after that you will receive a **text message** in the evening asking you to Color My Day. This is a very simple way to track how well you are following the program each day. Choose one of 3 responses

- ✓ Reply “G” for green, for days that you are on track with your program
- ✓ Reply “R” for red when you are off track
- ✓ Reply “Y” for yellow when it is a mixed bag