

**TREASURE
COAST
MEDICAL**



Sheer Contours Diet and Weight Loss Program



A Letter From Your Physician....



If you are reading this letter than I would like to thank you and encourage you to read on. For the last 20+ years I have served my Community through my medical practice as an internal medicine physician. Overtime I have noticed and linked one common thread to diseases, (such as heart disease, stroke and cancer) and my patients. This common thread is obesity.

Obesity is the number one treatable risk to prevent these "diseases of affluence". The average American today's 25 pounds overweight. We have the highest obesity rate in the world. Obesity has surpassed cigarette smoking is the number one risk factor for heart disease stroke and cancer. Conventional modern medicine has failed to prevent a slow progression of disease is that claim millions of lives per year. Our current healthcare system is based on the disease/drug model. It emphasizes treating symptoms and diseases while ignoring Education and wellness.

With that knowledge I started the [Sheer Contours](#) weight loss system. At [Treasure Coast Medical](#) we practice the highest standard of evidence-based medicine while being grounded in common sense and sound judgment. [Treasure Coast Medical](#) is a Doctor driven, Doctor directed company designed for one purpose... *Optimal health!*

Our passion is to prevent disease by empowering patients with knowledge and truth about peer prevention. Your prevention focuses on restoring a healthy balance of nutrition, exercise, vitamins and hormone restoration. You will be empowered with the ability to make decisions needed for total weight loss transformation.

We have created these documents to help educate guided monitor your weight loss journey. You review these pages and learn more about our system you will learn how to improve every aspect of your life by first achieving optimal health through physician directed weight loss.

All the best,

Timothy Sigman MS MD



["Simply sheer contours is a highly successful program that works! I call it medical liposuction. Together we can slim your body WITHOUT surgery. The first 40 days is our "boot camp". The fat burning phase has one objective only...Lose the weight and achieve the physique imperative to optimal health.](#)

[The transformation phase is what sets sheer contours apart from every weight loss clinic in the country. Our exclusive system doesn't stop with weight loss....that's where it STARTS! Weight loss is merely the beginning of a life long practice of healthy living. Start today for a better tomorrow."](#)

3 TYPES OF FAT



Before you begin to learn more about Dr. Sigman's Sheer Contours Weight Loss Program, it is extremely important to understand the three kinds of fat and how they affect your health. Below is an excerpt taken from Dr. Simeon's book "Pounds & Inches."

"In the human body we can distinguish three kinds of fat. The first is structural fat which fills the gaps between various organs, a sort of packing material. Structural fat also performs such important functions as betting the kidneys in soft elastic tissue, protecting the coronary arteries and keeping the skin smooth and taught and providing the springy cushion of hard fat under the bones of the feet without which we would be unable to walk.

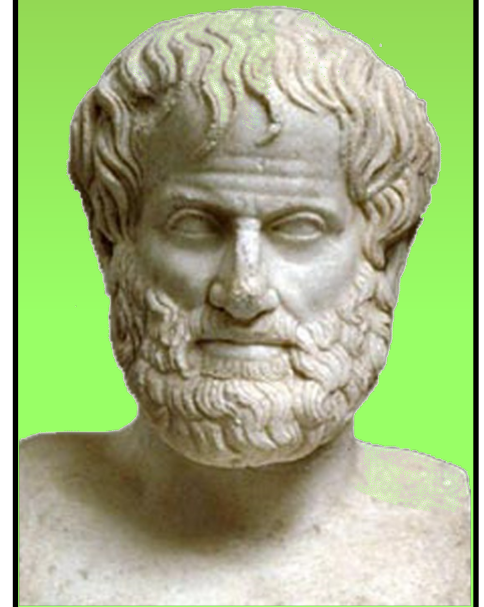
The Second type of fat is a normal reserve, a fuel upon which the body can freely draw when the nutritional income from the intestinal tract is insufficient to meet the demand. Such Normal reserves are localized all over the body. That is the substance which packs the highest caloric value into the smallest space so that normal reserves of fuel for muscular activity in the maintenance of body temperature can be most economically stored in this form. Both of these types of fat structural and reserve our normal and even if the body stocks them to capacity this can never be called obesity.

But there is a third type of fat which is entirely abnormal. It is accumulation of this such fat from which the overweight patient suffers. This abnormal fat is also a potential reserve a fuel but unlike the normal reserves it is not available to the any nutritional emergency. They feel famished and tired in their face becomes drawn and haggard but their belly and hips."



"He who does not know food... How can he understand the diseases of man?"

Hipocrates
The Father of Medicine



3 TYPES OF FAT

Three Types of Fat

Structural Fills the gap between structural organs

Normal These fats are used for fuel

Abnormal This is the problem fat



System Overview



Ready To Loss Weight?

Of course you are. By Reading this training guide you have shown the desire to make a health transformation through wieght loss and will continue to receive direction from our staff. Your job is to maintain discipline and dedicate yourself to a healthier you.

Achieving your goals are possible through monitoring your nutrition, implementing a daily exercise routine and allowing us to improve your hormone levels and supplement vitamins to enhance your weight loss.

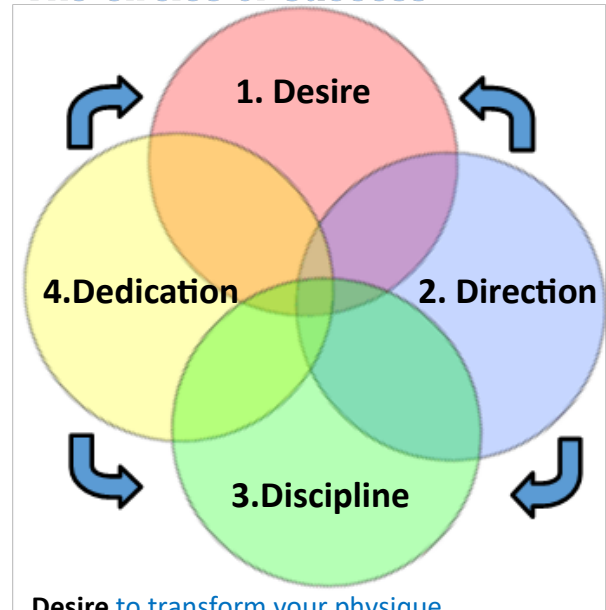
Be prepared to focus on these...

Principles Of Prevention

These core principles of prevention are the foundations of Treasure Coast Medical are to be used in both phases of the sheer contours system. The key to successfully losing weight and keeping it off, relies heavily on what we call our **Circle of Success!**



The Circles of Success



- **Desire** to transform your physique
- **Direction** to guide you with knowledge and truth
- **Discipline** to follow our direction
- **Dedication** to follow through



80% Plant Based Foods

20% Animal Based Foods

If you follow the 80/20 rule 80% of the time, you'll be able to achieve weight maintenance. This means 80% Plant based foods and 20% Animal based foods Monday-Friday and enjoy cheat days on the weekends, you'll keep the weight off!

Two Phases:

Learn about the 2 Phases you'll encounter during your weight loss journey

PHASE ONE: 45 Day Boot Camp

Welcome to our 45 day Bootcamp. Is it going to be easy? No. Does it take dedication? Yes. Is it possible to complete? Absolutely! This 45-day transformation will be exciting at first, tiring at times, and 100% life changing when you are finished. We call it our bootcamp for a reason. That being said, we have successfully graduated each and every one of our patients through this system with excellent results. With your dedication and discipline, we'll direct you through the process and you'll reap the rewards of a healthier you.

PHASE TWO: Transformation Phase

At this point, you'll most likely have a new wardrobe and people are telling you how great you look. Increased energy has made you more productive and you've learned how to comfortably eat and maintain a healthy weight. This phase is driven by our **80/20 solution**. 80% Plant based foods, 20% Animal based foods. This concept is just another part of our Sheer Contours Weight Loss system. We'll help you lose weight, keep it off and provide tools and information that fit your lifestyle.

PHASE ONE: 45 Day Boot Camp

1

Nutrition and Hydration

Nutrition 80% Plant based food. 20% Animal based food (80% of the time)

- 1000 Calories/day
- Vegetables-Unlimited
- Whole Grains-Unlimited
- Fruits-2 to 3 servings a day
- Legumes-Unlimited (except nuts)

Hydration 64 fluid ounces a day

- 8am Water, Tea and/or Coffee: provides energy and mental acuity
- 10am Drink more water and tea
- Noon Rehydrate. Keeps you hydrated and fuels your body with energy
- 2pm Drink water
- 4pm Tea: It's a natural appetite suppressant and provides long-lasting energy

2

Physique and Exercise

Physique

DAILY: Record daily weight, body mass index (BMI), % Body Fat, Hydration or total body water %. Bone and muscle %

BEFORE AND AFTER THE PROGRAM: Take measurements of chest, thighs, waist, triceps and hips for comparison and accountability.

Exercise

DAILY: Stretching, toning and strengthening exercises. 15-30 mins daily.

WEEKLY: 30 mins of light cardiovascular workout. Walking, bicycle riding, swimming or other non-stress related cardio workouts 3x per week.

3

Vitamins and Hormone Restoration

1. SemaGlutide 0.1 units SQ weely x 4 weeks
2. Phentermine 37.5 mg to 1 daily x 45 days
3. Vitamin B12 (Cyanocobalamin) 1 cc per week
4. Vitamin D 9,000 units by Mouth daily x 45 days with food



Do's

- Follow the 80/20 Plant/Animal rule 80% of the time (This is important!)
- Eat unlimited vegetables
- Eat unlimited Legumes/beans (except nuts)
- Eat 1-3 servings of fruits daily
- Eat unlimited Whole Grains
- Eat less than 500 calories from animal and fat free dairy products
- Drink 64 OZ of water daily to do a system flush
- Drink SPARK (appetite suppressant) Provides energy and mental acuity
- Drink SLIM-Suppresses appetite and boosts energy
- Daily toning for 15-30 minutes
- Weekly stretching, toning and strength exercises
- Take Medications and Vitamins according to your Physicians schedule
- Take and record all daily measurements
- Maintain WEEKLY contact with your health coach

DON'TS

- Don't feel guilty about cheating 20% of the time (weekends) Diets with some cheat days are statistically more successful and more likely to be followed
- No Soda (even diet) for 45 days
- No Junk food for 45 days
- No fast food for 45 days



Understanding The 80/20 Solution

By now, you heard us talk about the 80/20 solution throughout this training guide. This single page will tell you almost every-thing that you need to know about the 80/20 solutions and how to follow it's simple guidelines. If you follow the 80/20 rule 80% of the time (basically Monday through Friday with the weekends being free to cheat a little) you'll be successful in losing weight and keeping it off!

The guidelines are easy. The 80/20 solution is all about the percentages of animal based foods consumed vs. the plant based foods. The traditional American diet is 80% animal based and 20% plant based foods. We want to flip that ratio. This method-ology encourages you to stay away from animal products, fats and any processed foods. These items are what most likely what have you over weight and in need of a weight loss solution. Avoiding these things are key to maintaining a healthy weight, lifestyle and physique.

Eighty percent of your diet should be plant based foods while twenty percent should be animal based. We've provided you with a list of acceptable foods in both categories to help you in menu planning and meal preparation. The below listed foods are high in proteins, vitamins and minerals and low in fat that can eventually lead to diseases and affluence as mentioned in the letter from Dr. Sigman.

Fruits	Legumes	Whole Grains	Non-Starchy Veggies	Meats	Dairy
Apples	Red Beans	Wheat Flakes	Asparagus	Chicken (No Skin)	Fat Free Skim Milk
Blueberries	Black Beans	Steel Cut Oats	Green/Yellow Beans	Turkey (No Skin)	Fat Free Frozen Yogurt
Black Berries	Navy Beans	Wild Rice	Broccoli	Quail (No Skin)	Fat Free Cream Cheese
Raspberries	Soybean (Whole)	Barley Buckwheat	Cauliflowers	Canned Chicken	Fat Free Cheese
Cherries	Water Chestnuts	Wheat Pasta	Cucumbers	Cornish Hen (No Skin)	Coconut Water
Grapes	Black-Eyed Peas	Wheat Noodles	Chinese Eggplant	Sea Trout	Soy Milk
Kiwi/Mango	Alfalfa Sprouts	Cracked Wheat	Red/Yellow Peppers	Cod	Powdered Milk (non-fat)
Papayas		Whole Wheat Crackers	Onions	Tilapia	
Strawberries		Multi-Grain Bread	Mushrooms	Flounder/Mahi	
Apricots			Tomatoes		



- **Purchase Beans. They are full of good fiber and protein**
- **Avoid beef products and dairy**
- **Avoid the center aisles where junk food is usually sold**
- **Keep a calorie counter handy. You can go to www.calorieking.com to download one**
- **Pick whole grained pasta, breads and rice**
- **Buy fresh or frozen foods. Not canned**
- **Schedule trips with time in mind. You'll want to spend a little extra to read labels.**

TOP 10 fruits and vegetables

DID YOU KNOW ?

TREASURE COAST MEDICAL



Choosing a rainbow of colorful fruits and vegetables is fun and smart. The colors reflect the different antioxidants critical to longevity and are essential during weight loss and maintenance.

- 1. Beet Greens**—Beet roots' edible leafy tops are brimming with vitamin K, which is linked to a lower chance of getting type 2 diabetes. One cup raw provides nearly twice your daily requirement. **Cooking tip:** Sauté a bunch of tender beet greens with some olive oil and garlic for a healthy side dish.
- 2. Beets**—Not to be outdone by their tops, ruby red beets are a leading source of nitrates, which are good for your blood pressure. Plus, you get fiber and other nutrients from beets. **Cooking tip:** Roasting beets boosts their natural sweetness. Wrap each beet individually in foil and bake at 350 F until tender.
- 3. Microgreens**—Great things come in small packages. The baby versions of radishes, cabbages, kale, and broccoli can be higher in nutrients like vitamins C and E than the regular, mature plants. They range in flavors from peppery to tangy. **Cooking tip:** Try adding a hand-ful of microgreens to sandwiches and salads.
- 4. Watercress**—Often overshadowed by arugula, this peppery green can knock any dish into nutritional shape. It's particularly rich in vitamins A, C, and K, and other antioxidants that are good for you. **Cooking tip:** Watercress can instantly make sandwiches and salads more lively and fresh-tasting.
- 5. Swiss Chard**—Two main varieties of Swiss chard are found on store shelves: one with multicolored stems and veins, often called rainbow chard, and another with white stems and veins. Both are great sources of lutein and zeaxanthin, an antioxidant duo that's good for your eyes. At only 7 calories a cup, the green giant is waistline-friendly, too. **Cooking tip:** To preserve its nutritional might, lightly steam chard and toss with vinaigrette. You can also use the leaves instead of tortillas when making soft tacos.
- 6. Asparagus**—With an earthy-sweet flavor, asparagus is a good way to load up on folate. Research suggests that this B vitamin is an ally in the battle against high blood pressure. **Cooking tip:** Shave raw asparagus with a vegetable peeler. You'll get ribbons that are wonderful in salads.
- 7. Spinach**—This green has healthy amounts of vitamins C, A, and K as well as manganese. Working 1.5 cups of green, leafy vegetables into your day may lower your odds of getting type 2 diabetes. **Cooking tip:** Sneak spinach into your daily routine by adding it to scrambled eggs and casseroles or blending it into smoothies.
- 8. Red Bell Pepper**—You think of it as a veggie, but it's actually a fruit. One medium pepper delivers B vitamins, beta carotene, and more than twice your daily need for vitamin C. **Cooking tip:** For a fanciful main dish, cut the tops off peppers, remove the inner white membranes and seeds, and then roast until tender. Finish by filling with your favorite whole-grain salad.
- 9. Broccoli**—Broccoli is one of nature's rock stars. It's a top source of natural plant chemicals shown to help lower the risk of some cancers (though many other things also affect your cancer risk). Each cup of the florets also gives you plenty of vitamins C and K. **Cooking tip:** Steam the florets for a simple side dish.
- 10. Tomatoes**—High in lycopene and vitamin C and carotenoids, they are an excellent and delicious source of nutrition. **Cooking Tip:** Put on sandwiches, salads and in sauces...They can do anything!



- 1. Apples**, with the skin, provide pectin, 5 grams of fiber and a heaping dose of flavonoid antioxidants. Apple fiber helps lower cholesterol and keep you regular. And the powerful flavonoids reduce your risk of heart disease, stroke and cancer. A medium apple has about 80 calories.
- 2. Apricots** are a good source of vitamins A, C and E, potassium, iron and carotenoids. The lycopene found in apricots helps protect your eyes and prevent heart disease, LDL cholesterol oxidation and certain cancers especially skin cancer. And the fiber in apricots helps relieve constipation. Plus 1 apricot has only 19 calories.
- 3. Bananas** are a great source of potassium (about 400 mg), which helps lower your risk of high blood pressure and stroke and plays a key role in muscle function. Bananas are delicious and sweet to eat, making them a good sugar substitute and natural energy source. The fiber in bananas helps restore normal bowel action. A medium size banana has around 108 calories.
- 4. Berries** are super high in powerful antioxidants, including vitamin C. Numerous studies show berries offer great protection against heart disease, stroke, cancer and many other diseases. Blueberries top the antioxidant fruit benefits list. Besides other health benefits, blueberries help prevent high blood pressure, macular degeneration and brain damage leading to Alzheimer's disease. 1 cup of blueberries has 81 calories and 4 grams of fiber. Blackberries – a single cup of blackberries has 74 calories and a whopping 10 grams of fiber. Raspberries – there are 60 calories in 1 cup of raspberries with 8 grams of fiber. Strawberries – 1 cup of sliced strawberries has 50 calories and 4 grams of fiber.
- 5. Cantaloupes** are packed with Vitamin C, potassium and carotenoid antioxidants. Cantaloupe can help reduce inflammation, prevent cancer and cardiovascular disease, boost immunity and help protect your skin from sunburn. Half a melon has 97 calories and 2 grams of fiber.
- 6. Cherries** are very high in iron and disease-fighting flavonoids. They also have potassium, magnesium, C and E, folate and heart-protective carotenoids. Cherries can significantly reduce inflammation, arthritic pain, bad cholesterol and cancer risk. 1 cup of cherries has 88 calories.
- 7. Citrus Fruits** are best known for flavor, juiciness and high vitamin C content. But they're also a good source of folate, fiber and other antioxidants, vitamins and minerals. Citrus fruit has been shown to help reduce cholesterol, blood pressure and the risk of some types of cancer. Pink or Red Grapefruit – half a grapefruit has just a scant 47 calories. Oranges provide an impressive 50 to 70 mg of vitamin C and a medium orange has only 68 calories. Lemons and Limes – 1 lime or small lemon has about 17 calories.
- 8. Kiwifruit**, when compared ounce for ounce, has more than twice the vitamin C of an orange. It's also an excellent source of magnesium, potassium and vitamins A and E. Kiwis have been shown to boost the immune system and reduce respiratory diseases. 1 medium kiwi has 47 calories and 3 grams of fiber.
- 9. Papayas** are loaded with vitamin C, folate, carotenoids and natural digestive enzymes that help with protein digestion. 1 cup of cubed papaya has 55 calories.
- 10. Red Grapes** contain iron, potassium, fiber and an abundance of powerful disease-fighting antioxidants. Although red wine gets most of the publicity, dark colored grapes are the original source of the flavonoids, anthocyanins and resveratrol, which have been shown to help prevent heart disease and cancer. 1 cup of red or purple grapes has 60 calories.





Exercise and Hydration Guide

Exercise

A body in motion burn fat and calories, builds strength, improves flexibility and overall health. Get your body moving for better health and weight loss! Physical activity stimulates brain chemicals that elevate mood and reduce stress. You'll also look a feel better with improved self confidence and self esteem.

Exercise Tips

- Learn at least 4 exercise per muscle group. Biceps, triceps, back, stom-ach hip and thighs and butt. Daily for 15-30 mins.
- Fool your body. If your routine doesn't change, neither will you!
- The more muscular and tone you are, the higher your metabolism will be.
- You need to engage in light aerobic exercise, 3X a week.
- Avoid vigorous exercise so you don't lose muscle mass.

Increasing BMR

Basal metabolic rate is the amount of energy your body needs to maintain normal function while at rest. When you increase your BMR, you'll burn more calories. Building lean muscle is extremely important. One lb. of lean muscle will allow your body to burn an extra 50 calories per day. Here are some quicktips to increase your BMR.

- Drinking cold water increases your BMR as your body has to warm the cold liquid.
- Divide your daily calories into 6 small meals.
- Choose plant based proteins.
- Eat spicy foods. (raises BMR by 50% for up to 3 hours after you eat)
- Keep moving! Tap your feet, clinch your muscle and just move around a little more!

Exercise Benefits

1. Reduces body fat
2. Increases lifespan
3. Oxygenates body
4. Strengthens muscles
5. Manages chronic pain
6. Wards off viruses
7. Reduces diabetes risk
8. Strengthens heart
9. Clears arteries
10. Boosts mood
11. Maintains mobility
12. Improves memory
13. Improves coordination
14. Strengthens bones
15. Improves complexion
16. Detoxifies body
17. Decreases stress
18. Boosts immune system
19. Lowers blood pressure
20. Reduces cancer risk

Benefits of Exercise

Hydration

Water is not only essential for weight loss, its essential for life. It decreases the risk for disease, helps mental acuity and provides energy. And that's just the beginning. Water reduces hunger, increases metabolism, and improves your skin condition. Part of your transformation will include an increase in daily water consumption (64 fluid oz's daily)

Hydration Schedule 64 fluid ounces a day

- **8am Tea/Coffee** as it provides energy and mental acuity
- **10am Drink water**
- **NOON Rehydrate.** Keeps you hydrated and fuels the body with energy
- **2pm Drink water**
- **4pm SLIM** appetite suppressant and long lasting energy
- **6pm WATER**

BENEFITS OF DRINKING WATER

- Body Maintenance
- Digestions
- Regulates Temperature
- Lubricates The Joints
- Flushes Out Toxins
- Lubricates The Eyes
- Helps Your Body Grow

WATER MAKES UP 2/3 OF THE HUMAN BODY

MYTH YOU CAN ONLY HYDRATE WITH WATER.

NOT TRUE. Water is great as it contains no calories or sugars, however milk and fruit juice are also good, in small quantities. In addition a large portion of your fluid intake comes from the food you eat.

5 Advantages of Drinking Water in the Morning

- 1. Balance your lymph system.** These glands help you perform your daily functions, balance your body fluids, and fight infection.
- 2. Glowing skin.** Water helps to purge toxins from the blood which helps your skin glowing and clear.
- 3. Helps with weight loss.** Drinking at least 16 ounces of chilled water can boost your metabolism by 24% in the morning.
- 4. Increases the production of new blood and muscle cells.**
- 5. Drinking water on an empty stomach purifies the colon** making it easier to absorb nutrients.

The 1st step to healthy living starts with your physique, your body shape. "Two basic things in this world determine your physique... Nutrition and exercise" Dr. Sigman

Vitamins and Medications Overview

SemaGlutide

A peptide developed to increase the rate at which abnormal fat is burned. **Injection once per week.**

Phentermine

An appetite suppressant that increases basal metabolic rate, that is used along with diet and exercise for weight loss. Short term only. **Taken Daily.**

Vitamin B-12

Is involved in the metabolism of every cell in the body, especially affecting fatty acid synthesis and the production of energy. **Injection Weekly.**

Vitamin D

Promotes fat metabolism, it drains the fat cells and activates the receptors in fat cells that suppress growth, vitamin D will help suppress your appetite and has been shown to increase muscle tissue and strength. **Taken Daily.**



Schedule

Phentermine

Take one 37.5 capsule daily

Vitamin B-12(cyancobalamin)

Inject SQ 1 ml each week

Vitamin D3

Take one capsule daily with food for 45 days

SemaGlutide

Inject SQ 0.1 ML each week for the first 4 weeks.

Inject SQ 0.2 ML each week for weeks 5-8.

Inject SQ 0.4 ML each week for weeks 9-12.

Inject SQ 0.8 ML each week for weeks 13-15.

Inject SQ 1.0 ML each week past week 15.

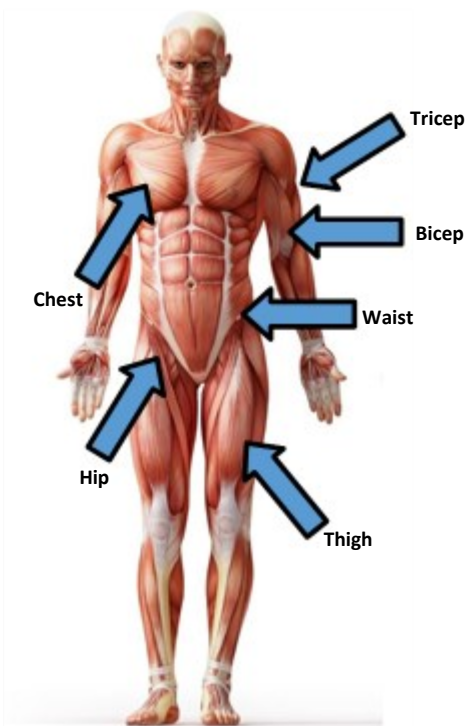


Self Injection Instructions

A SQ Injection is given in the fatty layer of tissue just under the skin.

1. Obtain supplies. Pre-filled syringe, alcohol wipe and sharps container. Once you have all your supplies clean the work surface with rubbing alcohol and wash your hands thoroughly.
2. Remove the plastic cap or peel back the paper and attach the needle to the syringe without touching the hub of the needle.
3. Choose your injection site (See diagram above) DO NOT USE THE SAME AREA FOR EACH INJECTION. Rotate sites. Avoid areas that are inflamed, infected, scarred or covered by a mole birthmark or lesion.
4. Clean your skin with an alcohol wipe, using a circular motion working outwards. Allow the area to dry.
5. Remove the cap and hold the needle at a 45 degree angle. (as you would a pencil) Gently grasp the skin with the hand and quickly insert the needle with the other. Pull back the plunger. If blood is seen in the syringe, remove the needle from the skin and change the needle to a clean one of the same size.
6. It's alright to use the medication already in the syringe.
7. Inject the medication slowly.
8. Remove the needle and press the site gently with an alcohol swab until any bleeding has stopped.
9. Dispose of the needle and syringe in the sharps container. Keep your syringes and sharps container out of the reach of children.

Be Sure To Take Before and After Pictures!



Side View



Front View

Measurement Instructions

- Tape should lie flat against the skin-All the way around on every measurement, every time.
- Bicep/Tricep measurement at its largest girth can be relaxed with arms at side.
- Chest- Standing, measure with breath out just above the nipple.
- Waist- Standing measure at the navel, which is usually the narrowest point.
- Thigh- Standing, measure at the largest girth, just below the butt.
- Hip- Standing, measure at the largest girth of hips.
- Hip/Waist ratio- Divide your waist measurement by hip measurement to obtain you waist to hip ratio.

Before and After Measurements

Women

	Hip	Thigh	Tricep	Waist
Starting				
Ending				

Men

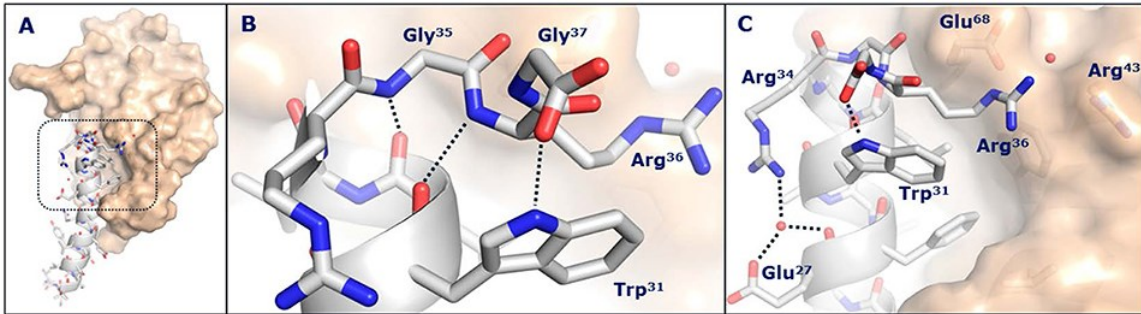
	Hip	Chest	Waist	Thigh
Starting				
Ending				

	Weight	BMI	Hydration	%Body Fat	Muscle %	Bone %
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						

Starting Weight: _____

Ending Weight: _____

Semaglutide



Semaglutide is referred to as one of the most promising new weight loss drugs on the market, and one of the most innovative and powerful weight loss medications to hit the market in years. It is a once weekly injection which has shown to provide dramatic weight loss results under the brand name (Wegovy) throughout the last 12 months. We are using the active ingredient in Wegovy(semaglutide), and combining it with a highly potent amino acid L-carnitine. L-carnitine is used to mobilize fat, leading to fat loss, increasing the rate at which it burns.

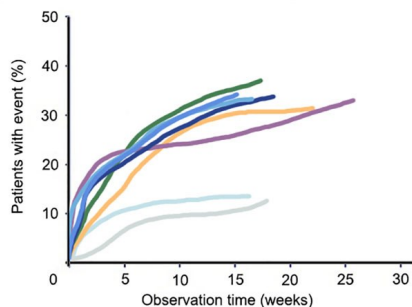


Semaglutide is a GLP-1 agonists. These agonists work by stimulating the pancreas to produce more insulin. This increases the stomachs emptying time, and signals the brain with a feeling of fullness. This ultimately provides for extremely powerful and long lasting appetite suppression, and also improves blood sugar levels in most patients.

Semaglutide is ideal for patients who have a considerable amount of weight to lose. It combines an appetite suppressant, with a fat burner to help patients lose 50-100 pounds when lifestyle changes are also instituted.

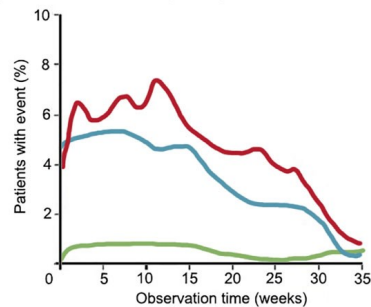
Some symptoms may include nausea, dizziness, headaches. If this is the case, it is normal, however your dose may need to be adjusted. Contact our office and speak to the staff about how to adjust your dose if necessary.

A Time to onset of first Nausea event (oral and subcutaneous semaglutide)



■ Oral semaglutide 2.5 mg ■ Oral semaglutide 40 mg
■ Oral semaglutide 5 mg ■ Oral semaglutide 40 mg 8-week dose escalation
■ Oral semaglutide 10 mg ■ Oral semaglutide 40 mg 2-week dose escalation
■ Oral semaglutide 20 mg ■ Subcutaneous semaglutide

B Patients experiencing Nausea (subcutaneous semaglutide)



— Subcutaneous semaglutide 0.5 mg
— Subcutaneous semaglutide 1.0 mg
— Insulin glargine

Phentermine—(Pill Form)

It is used together with diet and exercise to treat obesity. Phentermine is used short-term only. Phentermine was FDA approved in 1959 for the treatment of obesity. It has undergone rigorous FDA safety testing, more than any other weight loss drug on the market, and is the most widely prescribed drug for weight loss.

Phentermine Disclaimer

It is best to take this medication in the morning. If a dose is missed-take the medication as soon as you remember or if too closeto the next scheduled dose, just wait to take the scheduled dose. Its better to skip a dose than to double down. A tolerance to Phentermine's effect may occur and dosage might need to be adjusted by the physician. Phentermine is a highly effective medication in short term management of obesity. Phentermine is a drug of potential abuse and should not be taken longer than for 90 days. Keep at room temperature.

PHENTERMINE BENEFITS

- Decreases Appetite
- Increases Metabolism
- Decreases Desired Food Portion Sizes



Vitamin B-12- (Injection)

Vitamin B-12 is one of eight B vitamins and is involved in the metabolism of every cell in the body, especially affecting fatty acid synthesis and the production of energy. The best replacement is sublingual or injectable. Already processed into its simplest form, B12 vitamin injections speed up the overall metabolic processes of the body and create a greater feeling of energy.

Low B 12 Symptoms

- Fatigue
- Smooth or sore tongue
- Nervousness and irritability
- Hyperglycemia
- Pain, tingling or numbness in the limbs
- Anemia, vitamin B-12 neuropathy involving the degeneration of nerve fibers and irreversible neurological damage

B12 Replacement Benefits

- Increased energy, better sleep quality and weight loss
- Increased red blood cell count and platelets
- Essential in maintaining the functional integrity of the nervous system and the peripheral nerves
- Helps protect the liver from damage by certain toxins

Vitamin D- (pill form)

Promotes fat metabolism, it drains the fat cells and activates the receptors in fat cells that suppress growth. Vitamin D will help to suppress your appetite and has been shown to increase muscle tissue and strength.

Low Vitamin D Symptoms

- Decreased absorption of calcium
- Low calcium levels
- Tooth Decay
- Osteomalacia-weak and painful bones
- Increased colon and prostate cancer risk
- Low phosphate blood level
- Psoriasis and rickets

Vitamin D Replacement Benefits

- Reduced risk of multiple sclerosis
- Reduced risk of rheumatoid arthritis in older women
- Reduces risk of cancer
- Help in tooth retention
- Helps with weight loss and cardiovascular disease
- High cholesterol, myopathy, wart, respiratory diseases bronchitis and asthma, breathing disorders and diabetes

Monday	Food List	Calories	Fluids	Questions, comments and more
	Breakfast			
	Lunch			
	Dinner			
	Snacks			
Daily Totals ----->				Wake up weight

Tuesday	Food List	Calories	Fluids	Questions, comments and more
	Breakfast			
	Lunch			
	Dinner			
	Snacks			
Daily Totals ----->				Wake up weight

Wednesday	Food List	Calories	Fluids	Questions, comments and more
	Breakfast			
	Lunch			
	Dinner			
	Snacks			
Daily Totals ----->				Wake up weight

Thursday	Food List	Calories	Fluids	Questions, comments and more
	Breakfast			
	Lunch			
	Dinner			
	Snacks			
Daily Totals ----->				Wake up weight

Friday	Food List	Calories	Fluids	Questions, comments and more
	Breakfast			
	Lunch			
	Dinner			
	Snacks			
Daily Totals ----->				Wake up weight

Saturday	Food List	Calories	Fluids	Questions, comments and more
	Breakfast			
	Lunch			
	Dinner			
	Snacks			
Daily Totals ----->				Wake up weight

Sunday	Food List	Calories	Fluids	Questions, comments and more
	Breakfast			
	Lunch			
	Dinner			
	Snacks			
Daily Totals ----->				Wake up weight

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