

MEDICAL WEIGHT LOSS PROGRAM

Center for Wellness and Pain Care

Weight loss Program

General Information

ABOUT MEDICAL WEIGHT LOSS

The Weight Loss Program is a doctor-supervised, prescription medical weight loss program proven to be an effective tool in losing both pounds and inches. The package includes

1. Initial consultation
2. FDA approved appetite suppressant
3. B12 Injections

CONTACT

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FORMULA

Phentermine

Phentermine is our choice appetite suppressant for weight loss. When used in conjunction with diet and exercise, Phentermine may help you to lose weight while you are learning new ways to eat and exercise. The use of weight loss drugs should be combined with physical activity and improved diet to help develop healthy habits enabling better results and longer-term results.

B-12 Injections (Methylcobalamin)

B12 is a great energy booster. It works through the red blood cells, by enabling them to carry oxygen more efficiently. An oxygenated cell is a cell that is at its optimum, full of energy and won't tire easily. B12 is also great for the skin. These are just some of the benefits. Overall, it's an essential vitamin that the body must have to stay in balance. The only problem is that it is not easily found in food, but a few foods are B12 rich and these are essentially meats and eggs. Shots are a preferred option because of their direct and immediate absorption into the bloodstream. B12 increases metabolism, the side effect of which can be weight loss. With regular B12 shots and a combination of other weight loss regimens people have reported to lose weight much faster.

HOW TO IMPROVE RESULTS

- ✓ Stick to a diet: Adhere to a well-rounded reduced-calorie diet.
- ✓ Proper Nutrition: consists of high protein, low calorie, increase water intake, and low-fat diet. Protein performs many vital functions including speeding up metabolism and preserving lean body tissue during the rapid weight loss phase. Protein also provides a greater feeling of satiety which helps suppress the appetite. Just like protein, water reduces appetite as it makes you feel fuller. More importantly, water flushes down the byproducts of fat breakdown resulting in weight loss. Drink water before and after each meal. Calories are energy needed to function. The number of calories a person needs will depend on your height, weight, gender, age, and activity level. However, excess in calorie intake will be stored as fat. Fats are stored energy. There are different types of fats. Unsaturated fats, specifically monosaturated fats, raises HDL which provides some protection against heart attacks. Saturated fats are the least healthy because it increases the level of cholesterol in your body. Limit high saturated fat diet including butter, some margarine, and fats in meat. Write down everything you eat in a food journal. You can use apps such as MyFitness Pal, Lose It, Step Bet, Fitbit to assist.
- ✓ Exercise. Start out doing whatever exercise you can do and work your way up to longer more strenuous workouts as your fitness level allows. Walking is a great way to start exercising. A combination of anaerobic and aerobic exercise for at least an hour 3 times a week will greatly speed up your metabolism and make losing weight easier. You will burn more calories after 30 minutes from the start of the work out, so always make sure to exercise for at least an hour.
- ✓ Take your phentermine and B12 injections as instructed by your physician

