

# Weight Management

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## HCG

After careful consideration, we at Arcadia Well Woman, have made the decision to steer clear of the HCG diet for some good clinical reasons. We believe that this fad diet will pass, like so many others. We encourage you to read the position statement from the American Society of Bariatric Physicians.

The ASBP would love to see the obesity epidemic controlled and advocates strongly for medications that work well. Current evidence shows that HCG does not work better than placebo at controlling hunger or increasing lean body mass. More importantly, the Simeon diet that is part of the "HCG protocol" has a dangerously low amount of protein and will not, and cannot support lean body mass. So you will lose weight in an unhealthy way. Following this diet - you will lose too much lean body mass relative to fat.

The result? Lower metabolic rate, so rebound weight gain. More risk of chronic disease.

Furthermore, the Simeon diet can result in electrolyte imbalances and thyroid dysfunction if not carefully monitored and the very low calorie diet can also lead to the development of gallstones. Many people on the HCG protocols are not being monitored for these serious side effects. They are either following an internet protocol or being monitored by non-licensed providers.

The programs offered by Arcadia Well Woman provide options with similar amounts of weight loss, but careful attention is given to your overall health and nutritional level, your energy level, your electrolytes, your thyroid function, and most importantly to the maintenance of lean body mass. You won't be able to maintain your new lighter weight if you lose the muscle, so we have chosen to stay away from the touted "HCG Protocols". Your health and progress will be monitored by our board certified Nurse Practitioner.

For more information, we highly encourage you to read the "ASBP Position Statement" on this issue.

## Arcadia Well Woman Wellness for Life Program

We believe in offering weight loss strategies that are proven to be effective. There is so much hype, unrealistic expectations and broken promises in the weight loss business. Our promise to you is to provide you with effective tools to help you on a path toward healthier living that is long-lasting.

There is no one-size-fits-all weight loss diet. The best diet is the one that you will stick to. That is why we counsel you on several proven safe and effective eating plans and help you choose the one that fits your health needs and lifestyle. These include Weight Watchers®, South Beach Diet® and Medifast® meal replacement. If appropriate for your situation, you may be prescribed Meridia or phentermine.

Long lasting weight management and health promotion require commitment and lifestyle changes. Studies show that weekly visits are an important part of ensuring you stay on track with your plan and you will be more likely to reach your goals.

We believe in access to healthy and effective weight loss programs, and feel it is unfortunate that they are usually not covered by insurance, since they are such an important part of disease prevention. If weight loss visits are a covered benefit with your insurance, we will gladly bill your insurance. If not, you will be responsible for all charges.

### **Wellness for Life Program Pricing**

\$250 for the initial visit (75 to 90 minutes) includes full history and physical exam, EKG, comprehensive bloodwork, bioimpedance (body composition) testing, program guide with food diary, and appetite suppressants, if appropriate.

\$55 for each additional weekly visit (15 minutes) includes assessment of current symptoms, meal planning, bioimpedance (body composition) testing, behavioral modification counseling, and week supply of appetite suppressants, if using.

Alternatively, you may pay \$200 for a month which includes 4 visits, and 10% off all meal replacements and any Arcadia Aesthetics Spa Services or products received during that month. It expires in 30 days and is not refundable.

### **Additional Costs**

With every 25 pounds of weight loss, basic blood work needs to be checked, and costs \$25.

With every 50 pounds of weight loss, more extensive bloodwork needs to be checked and costs \$45, as well as an EKG (heart rate tracing) which costs \$50.

You have the option of real food or meal replacements or a combination when you do the Weight Loss Program. If you are exclusively doing meal replacements, which many people do, the cost is about \$80 per week and replaces most all of your grocery and eating out costs.

- Additional medications cost \$7 each per week.
- Vitamin injections \$15 each
- Additional food diaries: \$3 each.