

GARY A. KNIGHTON, D.O.

WEIGHT LOSS PROGRAM GENERAL INFORMATION SHEET

The U.S. Surgeon General has reported that over 2/3 of people in the United States are overweight. Tragically, obesity is the leading cause of preventable death in the United States accounting for more than 500,000 deaths annually.

With a low metabolism, regardless of the cause, one can really have difficulties with weight and inches. Sometimes one can diet, diet and diet some more as well as exercise, exercise and exercise some more and still not lose the weight or inches. This can be extremely frustrating; however, with the aid of medications and proper supplements to assist in the battle, the battle becomes one that can be won! I have treated thousands of patients for weight loss, and I have witnessed remarkable results, including members of my own family and close friends. This is also how I lost and maintain my weight!

The following are medications and supplements that may be used in our weight loss programs as each patient may vary due to their specific individual needs:

PHENTERMINE; PHENDIMETRAZINE (Bontril); TENUATE (diethylpropion)

These medications act to increase "jump start" the metabolism as well as acting as a general appetite suppressant. These medications are "timed release" which allows it to stay in the body throughout the day; however, some patients have had to take multiple doses to obtain the desired effect.

5-HTP

This is taken ½ hour before dinner and is known to increase the effectiveness of phentermine and to minimize cravings and eating at nights where so many of us will sabotage ourselves.

ACTIVATED VITAMIN B-12/B-6 Injections

We offer activated B-12 (Methylcobalamin) at \$20 per injection. We effectively utilize an **activated B-12 which is more effective than traditional B-12 injections for increased metabolism, energy, alertness, and better red blood cell oxygen levels.** B-6 is added in the injection to help the body burn carbohydrates better. I recommend weekly injections for the first 4-6 weeks and then every other week thereafter. It has been scientifically proved that injection is the best way to supplement these essential vitamins.

LIPOTROPIC Injections

These injections help to naturally clear the liver to allow better fat metabolism. A specific sheet describing the injection is included in this packet.

PROTEIN SUPPLEMENTATION, DIGESTIVE REGULARITY & MULTIVITAMINS

PURE TRIM SHAKES are protein shakes that are made with pea protein and brown rice protein. AVOID WHEY and SOY protein as they both can increase estrogen and cause weight gain and not weight loss. In addition, whey (derived from cow's milk) directly slows the metabolism in blood types A and O; 86% of the US population. I have a PureTrim shake every morning for breakfast and find the taste to be quite pleasant! I have done this for 2+ years and am not tired of it yet!! (www.puretrimshakes.com)

EXPERIENCE is an all-natural revolutionary product that promotes regularity. Most people who battle weight also battle constipation. If you have any difficulties with regularity, this product will be a must in the program.

DAILY COMPLETE is a liquid vitamin that is better absorbed than capsules, and certainly more effective than compressed hard vitamin pill. There is no question that we need multivitamins, but we need these supplements to be easily absorbed, natural and effective.

TREATMENT PLAN

We will work with each patient individually to customize a program consisting of any or all of the following:

1. Appropriate eating guidelines – not a fad diet. The book, **EAT RIGHT 4 YOUR TYPE**, is the preferred eating guide. This book instructs you what foods are best for your metabolism according to your blood type. No general eating plan works for everyone, but this book instructs you on what foods are the best fuels for your metabolism and what foods to stay away from according to your blood type. Interestingly enough, some foods that cause a certain blood typed individual to lose weight will cause another individual with a different blood type to gain weight. This book will be your Bible on what to eat and how to exercise specifically for you!!!

The key to losing weight depends more on what you eat and how much, and the key to maintaining depends more on a balance of eating right and exercise!!

2. Medications – if necessary
3. Correct Vitamins and Supplements.
 - ***PURE TRIM shakes, Daily Complete and Experience.**
 - ***Vitamin D-3** (5,000 IU per day) – virtually everyone in our society is low.
4. Exercise recommendations according to your needs found in: **EAT RIGHT 4 YOUR TYPE**
5. Ongoing communication and monitoring.
6. Lab work (TSH, CBC, Comprehensive Metabolic Panel).
7. **SUCCESS !!!!!**

Basic medication/supplement combinations are listed below. If you elect not to have the medications dispensed by our office, then the office/monitoring fee will be charged separately. NOTE: This is for reference only as we will customize from these for your program. You will not use all of these medications at once.

- a) Phentermine, Diethylpropion or Phendimetrazine (Bontril)
- b) 5-HTP
- c) PURETRIM Shakes (purchase here or at puretrimshakes.com)
- d) EXPERIENCE (approximately 2-3 month supply)
- e) DAILY COMPLETE Vitamin
- f) *VITAMIN B-12/B-6 Injections
- g) *Lipotropic Injection
- h) *Vitamin B-12/B-6/Lipotropic combo injection
- i) Eat Right 4 Your Type book/Cook Right 4 Your Type
- j) Blood Typing in office

***NOTE: Check with the office staff for special pricing on injection packages!**

APPOINTMENTS

Follow up with our office every 4 weeks.

We are also very happy to take care of all of your BOTOX[®], Dermal Fillers (Juvederm, Restylane, and Perlane), Zo medical grade skin products and Facial Chemical Peel needs!