

GARY A. KNIGHTON, D.O.

WEIGHT LOSS PROGRAM GENERAL INFORMATION SHEET

The U.S. Surgeon General has reported that over 64% 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 400,000 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.

The following are medications and supplements that may be used in our weight loss programs:

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.

NOTE: *In most cases I will start each patient on phentermine to be taken in the morning and 5-HTP to be taken before dinner. This I will use as a building block and we may add additional medication as we go throughout the program. I certainly recommend the use of the supplements described below.*

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.

DIGESTIVE REGULARITY & MULTIVITAMINS

EXPERIENCE is a revolutionary product. Most people that battle weight also battle constipation. This can indicate that the metabolism is so slow that the body **WILL NOT** eliminate properly. If you have any difficulties with regularity, this product will be a must in the program as well as what will help maintain your weight when you have completed 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. If you want to reach your goals and be able to maintain, then proper liquid multivitamins are crucial to your success.

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!!!
2. Medications – if necessary
3. Correct Vitamins and Supplements.
 - ***Daily Complete** is the best multivitamin and is a liquid for best absorption.
 - ***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, Complete Metabolic Panel, and Lipid Panel).
7. **SUCCESS !!!!!**

If you elect not to have the medications dispensed by our office, then the office/monitoring fee will be charged separately. We will customize your individualized program from the list of medications/supplements below. You will not use all of these medications at once. ***Most patients use Phentermine, 5-HTP, Daily Complete and Experience (*)***

- a) Phentermine, Bontril (phendimetrazine) or Diethylpropion:
- b) 5-HTP:
- c) EXPERIENCE:
- d) DAILY COMPLETE Vitamin
- e) VITAMIN B-12/B-6 Injections
- f) Lipotropic Injection
- g) Vitamin B-12/B-6/Lipotropic combo injection
- h) Pure Trim Protein Shakes
- i) Eat Right 4 Your Type book and blood typing kit

NOTE: It is difficult due to the ongoing pricing changes in medications to have one standard price for everything. I will try to give you the best results possible and still keep your costs down.

APPOINTMENTS

Follow up with our office every 4 weeks.

We are also very happy to take care of all of your BOTOX[®], FRAXEL, THERMAGE and ViPEEL needs!