

Frequently Asked Questions

Is phentermine safe?

Phentermine has been FDA approved since 1959. Tens of millions of people have taken phentermine safely. When Dr. Posner wrote the protocol for the program, he reviewed hundreds of articles about the use of phentermine for weight loss. Based on this literature review, Dr. Posner identified the safest and most effective dosage, schedule, duration, and follow-up for the use of phentermine. Over 10,000 patients have been through the Serotonin Weight Loss Program without a single hospitalization, injury, product liability issue or significant adverse reaction.

Can the Serotonin-Plus supplement be taken with antidepressants such as Prozac, Zoloft, or Lexapro?

Yes! Thousands of people have taken the Serotonin-Plus supplement with prescription antidepressants. There have been no reported adverse reactions. Dr. Posner performed a study which demonstrated safety at 100 times the regular dose of the Serotonin supplement. A number of patients tell us that their mood and energy level improve while taking the Serotonin-Plus Weight Loss Formula. It is very important that you check with your physician before you stop or change any prescription medication. Many prescription antidepressants can cause withdrawal syndromes if discontinued without tapering the dose.

What is going to stop me from putting the weight back on after I leave the program?

If patients revert to old eating patterns, they will naturally revert to their previous weight. The Serotonin-Plus Weight Loss program focuses on true lifestyle modification. We help our patients to change destructive habits and learn to enjoy eating in a whole new way. Phase three of the Transitional Dietary Plan was designed as a lifelong nutritional guide. We recommend that patients continue the Serotonin-Plus supplement and continue phase three of the dietary plan. We ask all of our patients to follow the "Dr. Posner Five Pound Rule." Dr. Posner tells every patient to keep a clipboard next to the scale in their home and write their weight down once a week. If the weight ever goes up by more than 5 lbs, we ask that the patient return for a one time visit to get back on track. We are always available as a support to our patients and recognize that lifestyle change is a difficult process. We are lifetime partners in maintaining the health of our patients!

Can I drink alcohol while I'm in the program?

We strongly discourage alcohol intake during at least phase one. It is not dangerous to have a glass of wine or a mixed drink during the program. However, alcohol markedly reduces fat metabolism. The more alcohol someone consumes, the less aggressive the weight loss will be.

Do I have to eat three meals a day?

Yes! Skipping meals slows down metabolism and makes us more likely to binge eat. We strongly encourage you to eat three meals a day and snacks in between meals. The Serotonin-Plus program works best when patients are able to eat about every three hours. While this requires some planning, patients often tell us "I can't believe I'm losing so much weight and I'm not hungry!"

Do I have to exercise during the program?

There are two ends to the weight loss equation; calories coming in and calories going out. Hopefully you will work on both ends of the equation. We do not expect you to become a marathon runner overnight. For long-term success, it is necessary to have a strategy for burning calories and increasing muscle mass. "Walking at work" is not enough. Maximum cardiovascular fitness and long-term weight loss will be achieved by thirty minutes of moderate aerobic activity most days of the week. This would be any type of exercise that would increase your heart rate to 80% of maximum for age. Maximum for age is defined as $220 - (\text{age})$. For example, if you are 50 years old your maximum heart rate would be 170. An effective exercise would be getting your heart rate up to 136 (170-34) and keeping that heart rate for 30 minutes. An easier way to gauge adequate heart rate is to exercise at a pace that leaves you slightly winded but still able to carry on a conversation. Strength training is also important. Try to do some form of strength training two to three times each week to increase muscle mass. This will help burn more calories at rest and help you maintain your new weight.

Can I use protein bars, shakes, or prepackaged meals with this program instead of the diet plan?

For long term weight loss, we recommend real food rather than meal replacements. We want our patients to learn how to choose healthier foods, and appropriate portions, when grocery shopping and dining out. None of us plan to spend our lives eating bars and shakes. It is truly possible to enjoy food and maintain a healthy weight. If you travel and cannot find healthy choices in airports or other venues, a protein bar may be counted as 2 protein exchanges. However, ensure that the bar is low in carbohydrates.