

## Initial Consultation Summary

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The Serotonin-Plus Weight Loss program is a twelve week medically supervised program. Average weight loss is 35 pounds in twelve weeks; 30 pounds for women and 40 pounds for men. With over 10,000 patients we are 99% effective and have an impeccable safety profile.

What makes our program different from weight loss programs like Jenny Craig or Nutrisystem is that our dietary plan is based on real food that you buy in the grocery store. Other programs use prepackaged meals, shakes and bars, which are not realistic for long-term weight loss. We focus on behavior and lifestyle modification, where we teach you the tools necessary to lose the weight and keep it off once you complete the program.

This is the only weight loss program which uses the patented Serotonin-Plus Weight Loss Formula. This all natural supplement helps to reduce carbohydrate cravings and the tendency to overeat. When your body is deficient in serotonin, or when your serotonin levels drop (which happens during the menstrual cycle and during menopause), you crave foods which contain the building blocks for serotonin. Unfortunately, these are often foods which are high in carbohydrates. A prime example is chocolate. The Serotonin-Plus supplement provides your body with the serotonin levels it needs, which helps to reduce your cravings for carbohydrates.

Many of our patients also use a prescription medication called phentermine. Phentermine has been FDA approved for weight loss since 1959. Tens of millions of people have safely taken this drug. The most common side effects with this medication are constipation and dry mouth.

Upon starting the program, you must be medically cleared by the doctor. At the first visit, you will receive a full physical, a blood pressure and weight check, an EKG of the heart and general blood work will be ordered. We will also explain our dietary plan and the medications that you will use during the program. This visit takes about an hour.

In the eleven weeks that follow, you will come in for weekly dietary counseling appointments. During these visits, your weight and blood pressure will be taken. Your provider will go over the past week with you, focusing on any challenges you had with your weight loss efforts. Your questions will be answered and your provider will work with you to plan for the week ahead. At each visit, your dietary plan will be modified based on your progress towards your weight loss goal.