

Advanced Medical Weight Management Center

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Congratulations!

You have taken the greatest step on the path of healthy living. Losing weight will reduce your risk of diabetes, high blood pressure, heart disease, stroke, and some cancers. Remember that losing weight is the easy part and is only a short - term solution to a long - term problem. Weight control is for life.

The initial weight loss programs at the Advanced Medical Weight Management Center provide fewer calories than your previous lifestyle. We believe that lower fat, lower carbohydrate and adequate protein levels spare muscle mass and provide you enough nutrients to have energy to exercise and work efficiently. Our weight control philosophy involves controlling the hormones insulin and glucagons. Insulin controls fat storage and glucagons promote fat breakdown. Eating fewer carbohydrates (starches and sugars) helps reduce insulin levels. Eating more protein increases glucagons in your body.

We know from experience that controlling weight comes from eating the right portions of the proper foods, medical supervision, exercise, drinking plenty of fluids and accountability.

You must rethink your relationship with food. Instead of using food as a comforting device or a reward for good behavior and accomplishments, food must now be viewed as an energy source and a medication. To quote Hippocrates, "Let food be your medications and medications be your food." From now on, do not reward yourself or others with large expensive meals, but with events such as a movie, a play, a trip to the beach, a special article of clothing or a family outing.

Remember the advice of Dr. Barry Spears when you want to revert to old eating habits. "You fatten cattle by feeding them a lot of low - fat grain. How do you fatten humans? Same way: you feed them lots and lots of low-fat grain. So if you've been eating more pasta and bread (both made from grain) than ever before, and you're still gaining weight, think about those grain-fed cattle the next time you sit down to a big plate of pasta." The same is true for corn, potatoes and rice.

Exercise remains an essential component of lifelong weight control. Yes, it will be uncomfortable at first. In just a few short weeks, you will set up a routine and will be addicted to the great pleasure that exercise gives.

Remember that our staff, are your most loyal supporters. We will be as excited as you when your weight evaporates. Call with any questions.

Thank you for letting us help you.

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Trim Easy Weight Loss Program

1. Do not skip a meal. Eat three meals per day.
2. Use the protein food supplement twice per day: on at Breakfast and again at Lunch. The Protein Supplements (we will start you on shakes) replace two of the usual three meals per day.
3. Drink at least FOUR QUARTS OF FLUID PER DAY. Two quarts needs to be PURE WATER. The other two quarts may be sugar and caffeine - free diet soda, sugar and caffeine - free coffee, or sugar and caffeine - free tea. You may drink your cup of coffee!
4. You must limit your carbohydrate intake (sugar and starches) to 50 grams per day.
EAT ONLY THE LISTED MEATS AND VEGETABLES.
5. For mild headaches or body aches and pains use Ascriptin, Bufferin, Tylenol, Aleve or Advil. Take as directed on the packaging.
6. DO NOT USE HERBAL MEDICATIONS OR LAXATIVES WHILE ON THIS PROGRAM.
7. Sugar - free gum is permitted.
8. 30 MINUTES OF DAILY EXERCISE.



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Trim Easy Weight Loss Program

Meal Plan Overview (Men)

Awaken

BREAKFAST

Morning Amino Acids (Red)
Protein Supplement (You are starting with shakes)
16 ounces of water, one cup of black coffee
Colace, Bran

MID-MORNING
9-11 AM

Appetite Suppressant
▶ Protein Supplement (variable)
8 ounces of water

LUNCH

Mid-day Amino Acid (Blue)
Four ounces of Protein
Salad or 3 cups of vegetables
8 ounces of water

AFTERNOON
2-4 PM

Appetite Suppressant
8 ounces of water

30 minutes of exercise

SUPPER

Seven ounces of your choice of meat prepared to your taste with herbs and spices
Your choice of 3 cups of vegetables
16 ounces of fluids

EVENING

Multi-vitamin
Evening Amino Acid (White)

You may use soy nuts, fresh cherries or a slice of luncheon meat if hungry.

Bed

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Fresh Vegetables

6 cups per day

Asparagus	Bell Peppers	Zucchini	Brussel Sprouts
Cabbage	Cauliflower	Celery	Cucumbers
Green Beans	Greens	Hot Peppers	Kale
Lettuce*	Mushrooms	Okra	Radishes
Spinach*	Sprouts	Squash (all)	Watercress
Broccoli*	Tomatoes	Pickles	Turnips
Fresh Cherries	Grapefruit	Lemon/Lime	

*You may eat as much spinach, lettuce or broccoli as you like.

Use one tablespoon of olive or canola oil for stir frying. PAM has different flavors and is low in calories.

Seasonings

(Seasoning your food adds calories)

Fat free cream cheese (1tbls)	Fat free yogurt (3 tbls)
Parmesan or Romano cheese (3 tbls)	Soy sauce (3 tbls)
Fat free non-dairy creamer (2 tbls)	Mustard (3 tbls)
Fat free mayonnaise (3 tbls)	Hot pepper sauce
Fat free salad dressing (1 tbls)	Vinegar
Skim milk (3 tbls)	Flavoring extracts
Onion	Cinnamon (1 to 2 tsp)
Garlic	Herbs
Spices	

You are also allowed sugar free Jello.

Remember-Fat free is not calorie free.

Salads

Dip your fork in the dressing and then take a portion of the salad. You will only use a tablespoon of dressing. Do not pour the dressing on the salad.



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Lean Protein Recommendations

Five to seven ounces per day

No Fried Foods

Chicken Breast (skinless)
Venison
Beef Tenderloin
Beef Eye of Round
Beef London Broil
All Fish

Turkey Breast (skinless)
Pork Tenderloin
Egg whites-2 egg whites=1 oz. of protein
Egg substitutes (measured cups)
Shrimp
Lobster
Crab

1% cottage cheese - one cup = 28 grams of protein (about 4 ounces)

Soy Products

Soy Products are the best low saturated fat and no cholesterol source of protein. A low fat and cholesterol diet lowers cholesterol levels in the body and enhances the immune system.

Veggie Slices (cheese substitute)
Tofu (comes in blocks and in a variety of different sauces)
Boca Burgers
Garden Burgers
Soy Bacon
Soy Hot Dogs
Soy Nuts (1/4 cup per serving is a great snack or adds crunch to a salad)
Soy Sausage

A serving portion is about the size of the palm of your hand.

3 ounces of meat equal about 21 grams of protein. This is about the size of a deck of cards.

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Foods Not Allowed

- | | |
|---|--------------------|
| 1. Potatoes | 13. Fried Foods |
| 2. Pasta | 14. Ribs |
| 3. Popcorn | 15. Pizza |
| 4. Rice | 16. Rib-eye Steaks |
| 5. Corn | 17. Roast Beef |
| 6. Lima Beans | 18. Prime Rib Beef |
| 7. Bread, Taco Shells, Tortillas | 19. Bacon |
| 8. Bananas | 20. Sausage |
| 9. Bagels | 21. Whole Eggs |
| 10. Dried Cereal | 22. Pepperoni |
| 11. Fruit Juices | 23. Salami |
| 12. Baby Carrots
(shredded on the salad is ok) | 24. Bologna |
| | 25. Hot Dogs |

You will lose weight quickly if you follow the list of approved meats and vegetables.

Do not experiment. One bite does slow your progress!!

Exercise Daily



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In a Hurry (Per Usual)

The following frozen meals are ones we have researched and determined to fit the program. Don't get creative; don't add anything.

Healthy Choice Meals

Country Roasted Turkey with Mushrooms
Turkey Divan
Roast Turkey Breast*
Oriental Style Chicken
Mandarin Chicken
Grilled Chicken Sonoma
Country Glazed Chicken*

Healthy Choice Medley Meals

Beef Teriyaki
Chicken Breast and Vegetables
Sesame Chicken - Medley
Creamy Herb Roasted Chicken
Beef Merlot
Roasted Chicken Chardonnay
Creamy Herb Roasted Chicken*
Princess Chicken
Oriental Style Beef
Grilled Steak in Roasted Garlic Sauce*
Grilled Chicken Caesar

*Best Choice

Stouffer's Lean Cuisine

Three Cheese Chicken
Chicken Marsala
Honey Dijon Grilled Chicken
Roasted Chicken & Vegetables
Steak Tip Portabella

Be careful if you are sensitive to sodium (salt). RDA for sodium is about 2500 mg. Patients with high blood pressure should reduce sodium intake to 1500 mg. per day.

With these meals you may add a small salad with no more than two tablespoons of salad dressing.

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Why Do We Need To Drink Water?

We all know water is important, yet 75% of Americans are chronically dehydrated.

- ✓ In 37% of Americans the thirst mechanism is so weak that thirst is often mistaken for hunger.
- ✓ Even MILD dehydration will slow down one's metabolism as much as 3%.
- ✓ One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- ✓ Lack of water is the number one trigger of daytime fatigue.
- ✓ Preliminary research indicates that 8 to 10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- ✓ A mere 2% drop in body water can trigger fuzzy short- term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- ✓ Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can reduce the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Drink 8 ounces of water with each meal.

ARE YOU DRINKING THE AMOUNT OF WATER YOU SHOULD EVERY DAY?



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Amino Acids Essential in Metabolism Designed to Enhance Weight Loss

Morning Amino Acids (Red)

Contains L-tyrosine and acetyl L-carnitine. Studies have shown that L-tyrosine is helpful to maintain physical performance and appetite suppression in dieting patients. Our present formulation adds acetyl L-carnitine, the active molecule that transports fat into the mitochondria furnaces in our bodies where it is burned. Acetyl L-carnitine has also been recognized for its memory enhancing effects on the central nervous system.

Mid-Day Amino Acids (Blue)

Contains L-leucine and acetyl L-carnitine. L-leucine is unique among amino acids due to its role in protein synthesis and maintaining blood sugar levels. During exercise or periods of caloric deprivation, L-leucine is supplied to the liver to maintain blood glucose levels. While dieting L-leucine is delivered from muscle to the liver where it is converted into glucose and transported again to muscle as an energy source. L-leucine supplementation has been shown to facilitate this process. As previously explained, acetyl L-carnitine is present for its ability to enhance fat metabolism (fat burning).

Evening Amino Acids (White)

Contains L-arginine and malate. L-arginine is important in controlling the release of growth hormone, which increases breakdown of fat stores. Malate is a key element in the citric acid cycle, the final pathway for fat metabolism. During periods of increased fat breakdown malate can actually be depleted limiting the effective rate of fat metabolism. Added malate assists in maintenance of optimal fat destruction.

These new formulations represent our efforts to keep abreast of the latest advances in weight loss, diet, and nutrition. You should find these improvements leave you with more energy and mental alertness during your weight loss and maintenance phases.



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Exercise

Exercise remains an essential component to successful weight loss, weight maintenance, and general well being. The simple rule of maintaining your target heart rate for 30 minutes stimulates weight loss and cardiovascular fitness. Regular moderate to vigorous physical activity produces physiological improvements regardless of age.

Three Components of Fitness

1. **Cardiovascular/Aerobic exercise:** Walking, running, swimming, biking, climbing stairs, dancing, sports, hiking, mowing grass or raking leaves.
2. **Strengthening Exercise:** Shapes and tones muscles. Lifting weights, push-ups, pull-ups, isometric exercises, sit-ups and leg lifts.
3. **Flexibility Exercise:** Provides relief from stress and stiffness. Yoga, dance movements, all stretching exercise or Pilates.

Thirty minutes per day. If you can't exercise 30 minutes in one session, break the exercise into three 10 minute intervals or two 15 minute intervals. The key is to sustain your target heart rate for that period of time.

Target Heart Rate for Maximum Fat Burning

<u>Age</u>	<u>Rate</u>
25	117
30	114
35	111
40	108
45	105
50	102
55	99
60	96

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Alcohol

Bottom Line: Drinking alcoholic beverages will SLOW or STOP your weight loss.

If you drink alcohol, you may want to consider reducing or eliminating it from your diet. Alcohol isn't stored in the body. The body immediately uses alcohol in preference to fat and carbohydrates as its energy source. Because the body burns alcohol preferentially, foods are more likely to be stored as fat. Thus drinking alcohol with a high-fat meal may be like "drinking butter". **Therefore, many people who drink have been able to lose significant amount of weight by eliminating alcohol from their diet.**

Don't Be Mislead

There is no such thing as alcohol without calories. Distilled spirits may have zero carbohydrates, beer and wine may have 2.5 to 14 grams of carbohydrates. However they also have 85 to 200 calories from alcohol.

Warning

Excess alcohol contributes to obesity, high blood pressure, stroke, heart disease, liver disease, some cancers and impotence. Alcohol reduces concentration and short term memory as well as sports performance. Other alcohol hazards are stomach upset, menstrual problems, anxiety, headaches, insomnia and personality changes. Blood sugar levels may drop with resultant tiredness and further impairment of concentration, reflexes, and driving skills. Do not drink during pregnancy. Do not drive after drinking. The over-riding harmful effects of alcohol do not allow its recommendation for any aspects of health promotion.



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Prescription Appetite Suppressants

Obesity is a chronic disease that affects many people and often requires long-term treatment to promote and sustain weight loss. As with other chronic conditions, such as diabetes or high blood pressure, long-term use of prescription medication may be appropriate for some individuals. Commonly called appetite suppressants these medications decrease appetite catecholamines in the brain.

All of the medications we use have proven to be very safe. The side effects are predictable, manageable, and reversible. This class of drugs includes phentermine, phendimetrazine, and diethylpropion. **THESE MEDICATIONS CURB THE APPETITE BUT DO NOT TOTALLY ELIMINATE THE DESIRE FOR FOOD.**

- **Phentermine** can be provided in one of three different formulations. There are two longer acting forms, each containing 30 mg. per capsule and a shorter acting 15 mg. tablet. Phentermine is slowly eliminated from the body, with one dose clearing in 4 to 5 days.
- **Phendimetrazine** is stocked in a 35 mg. tablet for multiple daily doses. This drug is short acting and is eliminated from the body in 24 hours. Otherwise, it is essentially the same as phentermine.
- **Diethylpropion** is similar in action to phentermine but is generally milder in potency of appetite suppression and milder in stimulation of the nervous system and cardiovascular system. It is well tolerated in persons sensitive to other appetite suppressants.

Side Effects

Contraindications include untreated systemic hypertension, heart disease, glaucoma, bipolar disorder, psychosis, hyperthyroidism, drug or alcohol abuse and pregnancy.

Some patients may experience palpitations, tachycardia, hypertension, restlessness, insomnia, headache, dry mouth, dehydration, and impotence. These stimulants have been implicated but not proven to be associated with the rare disease of primary pulmonary hypertension and regurgitant cardiac valvular disease. You are required to drink plenty of fluids.

Stop all medications if you experience severe headache, chest pain, shortness of breath, severe dizziness or weakness. Do not take these medications if you have advanced coronary artery disease, severe hypertension, hyperthyroidism, known sensitivity to sympathomimetic amines, and glaucoma. Do not take with MAO inhibitors. Do not take with any herbal medications - especially St. John's Wort or Ephedra.

If you are having problems with any aspect of your program please call and let us help you.

Injection Program

An important component of our weight management program is the injection program. The injections contain vitamins B-6, B-12 and adenosine. Vitamins B-6 and B-12 are essential in energy metabolism and reducing homocysteine levels. The adenosine helps with losing inches. As a side benefit, many patients experience increased energy levels when taking the injections.

Three injections are included in the initial package. We encourage you to come in for an injection every 3 to 4 days during the first two weeks of your weight loss program. You will receive one injection at each follow up visit. Additional injections may be purchased.

The following table provides guidance on when you should return for your second injection. You do not need an appointment. Come during normal business hours, sign-in and we will get you back quickly for your injection.

<u>Start Day</u>	<u>Return for Injection</u>
Monday	Thursday
Tuesday	Thursday or Monday
Wednesday	Monday
Thursday	Monday or Tuesday

Injection Pricing Structure

As stated above, three injections are included in the initial starting price. One injection is included in the price for each follow up visit. Many patients find they want injections between scheduled visits. Those injections may be purchased according to the following pricing guide.

\$8.00 each

5 injections for \$35 (\$7.00 each)

11 injections for \$66 (\$6.00 each)

Office Hours

Monday - Thursday 8:00 to 6:00

Closed between 1:00 and 3:00



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Trim Easy Weight Loss Program

Pricing Structure

Initial Visit **\$225.00**

Includes :

Nutritional Consultation, Limited Physical Exam, EKG, Blood Work, Body Composition Analysis

Two week supply of appropriate amino acids, vitamins, and medications

Two week supply of protein supplements

Three vitamin B/adenosine injections

Bi-Monthly Program

Follow-Up Visit **\$ 95.00**

Includes:

Nutritional Consultation, Two week supply of amino acids, vitamins and medications; Two week supply of protein supplements; One vitamin B/adenosine injection.

Monthly Program

Follow-Up Visit

Includes Nutritional Consultation, Four week supply of amino acids, vitamins and medications; One vitamin B/adenosine injection.

One protein supplement per day (28 supplements) **\$145.00**

Two protein supplements per day (56 supplements) **\$170.00**

Referral Program

Share your success with our friends and save on a subsequent visit. For each patient starting our program you receive \$30 off your next visit or five free injections (\$35 value).

The pricing structure and office hours are subject to change. We will advise you of any changes through the monthly newsletter.



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Change in Bowel Habits

1. This is an input - output issue. Eating less will increase the time for food to accumulate in the intestines. As a result the transit times may vary.
2. There is no standard frequency for bowel movements. Bowel habits differ for everyone. We don't get worried unless a person has a distended painful abdomen, vomiting, or even loose watery bowel movements.
3. Many medications can cause a bowel habit change.
4. Lack of exercise can cause constipation.
5. Several things you can do to assist the process:
 - a. Drink your fluid as outlined in the Trim Easy and or Trim Quick book
 - b. Exercise regularly: at least 30 minutes five days per week
 - c. Eat the proper amount of leafy green vegetables: you need 30 grams of fiber in your diet
 - d. Put a tablespoon of olive oil on your salad
 - e. You may use an over the counter laxative (long term use not a good idea)
 - f. Diabetic candies that contain sorbitol (may cause diarrhea with over use)
 - g. We can increase your stool softener and bran
 - h. You may use two tablespoons of Metamucil (or other bulking agent) in the morning
6. If you still have trouble consult with your primary care physician or Dr. Slott will write a prescription for Miralax.

