



THE MEDIFAST[®] PROGRAM

Please read my other brochure on obesity and weight loss before reading this one. It will help you to understand why you need to lose the weight.

Now that you understand some of the factors that affect your weight and you also understand about the relationship between muscle and fat, the burning question that you have is...how do I lose the weight and keep it off? Well, you may have noticed that I have lost weight. I started out in late November at 302 lb and with a body fat percentage of 32.9%. My goal is to get down to 15% body fat. Because of my medical condition, I take both Trans-D Tropin and testosterone, so I know that I am adding muscle but I am also rapidly losing fat. I am losing fat by being on the Medifast[®] diet.

Medifast[®] is a medically supervised, *non-prescription* weight loss program that has proven to be quite easy to follow and quite effective in getting the weight off. If you have more than 15 lb to lose, then you can be quite successful on the Medifast[®] program. Medifast[®] involves you drinking five special shakes and at least 64 oz (8 cups) of water a day – that is it. You do not eat anything else (except as an option – which we can discuss in person). This provides between 55 to 70 grams of protein (depends on which program you are on) and between 40 to 45 grams of carbohydrates a day. Sounds like the Atkins diet, doesn't it? Well, it is except with one big twist...it also provides only 450 to 500 calories a day. This is known as a **Very Low Calorie Diet** (VLCD). This is why it is by prescription only and why it requires that you be seen bi-weekly by a physician and come in weekly for your weigh-in.

You can enter the ketosis phase of Medifast[®] in one of two ways...the easy way and the hard way. Most prefer the easy way, which is using phentermine, a prescription appetite suppressant, to block your feelings of hunger while you are entering into ketosis. This will be needed for only about 5 days. After that, you will no longer need the phentermine. If you decide, for whatever reason, that you cannot take the phentermine, then I always recommend that you start Medifast[®] on a Friday morning (if you get the weekends off). You are excited with the start of a new change for you and you get through the day fairly easy. The following day will be your worst (some feel it worse than others). Your body begins to protest that you are not eating enough calories and you begin to get some headaches (Tylenol[®] or Advil[®] work just fine). Nevertheless, you continue to stay on the five shakes a day and drink your water. You also will begin to notice that you are urinating much more than just the water that you are drinking...this is normal and means that your body is beginning to respond to the Medifast[®]. By Sunday, your body has decided that if you are not going to eat enough calories to give it energy, it is going to start burning your stored fat for food. This process is known as the beta-oxidation or the "fatty acid" cycle. When that happens, your body enters a state known as *ketosis*. You can easily check to see if you are in ketosis by purchasing Keto-stix[®] from your local pharmacy (diabetes section) and testing your urine. When the little chemical pad changes color, you are now losing ketone bodies (fat waste products) and you are losing fat (not muscle). In addition, ketosis gives you a feeling of satiety (not being hungry) and a lot of energy. However, please remember that your brain cannot break down fat for food and therefore it must have carbohydrates to survive. This is why a *zero* carbohydrate diet is not only foolish it is also dangerous. You must have all five shakes a day (there is a soup serving that you can have that can replace a shake with a maximum of two soups a day) with plenty of water. Fluids can include tea, coffee (no sugar and only light amounts of cream), diet sodas, but frankly you need to drink water as your primary fluid source. Also, watch the amount of caffeine that you take since you can become sensitive to what were normal amounts of caffeine in the past and get the jitters.

Depending on your medical condition and the medications that you take, you may have to have your medications adjusted. For example, Type II diabetics on insulin need to stop using insulin while on Medifast[®]. However, Type I diabetics can *never* use Medifast[®] for weight loss. ***There are no exceptions to this.*** Blood pressure medications are normally reduced in dose. I will make the initial adjustments to your medications when you start.

Once you have entered ketosis, I want you to start to exercise. If you have been a couch potato, I want you to start slow to be reconditioned. We can make a referral to HealthSouth for a reconditioning program to get your body up to speed before joining a gym. In this way, you will not hurt yourself and you are more likely to continue to exercise for the rest of your life.

Initial measurements for our program will include your chest, waist, hips, arms and thighs, as well as body fat percentage. We can then repeat these measurements monthly to monitor your weight loss. Meanwhile, I will afford you an opportunity to attend some evening talks on various topics, including nutrition, supplements, anti-aging protocols, etc.

Once you are at your goal body fat, it is time to begin the “*realimentation*,” i.e., restarting eating, phase. This can take up to six weeks as we slowly reintroduce food to your intake while slowly reducing the shakes that you drink. When you finally start to maintain your weight and not lose any more, then this tells us how many grams of carbohydrates you need a day to maintain your weight. Your diet can then be supplemented with other Medifast® supplements in the Taking Shape® program. This is a maintenance program to help keep the weight off.

Finally, we come to the price of the program. Unlike other weight loss programs in Fresno, your visits can actually be billed to your insurance. If you have no insurance or have an HMO, we can offer a greatly reduced office visit fee specifically for this program. The cost of the Medifast® supplements, however, is not covered and you must pay for them. One thing to consider, though, is that this is your entire food source for the next 16 weeks (at least) so your grocery bill will be dramatically reduced and this money can now be spent on Medifast® products. I am trying to keep the costs down to allow as many of my patients as possible to get involved and change their lives for the better. In addition, if you would like to have a family member who is not a patient at this time on the program, they are able to come see me for this without any obligation to change their primary physician.

Are you ready to make a positive change in your life which will affect you in more ways than you know? Are you ready to finally stop the yo-yo dieting and keep the weight off for life? If you are, then make an appointment to see me specifically. Tell the front desk that you want a “weight” or “Medifast” appointment to see Dr. Work and they will schedule a 30 minute appointment for you. At that time, we will check your body fat using a near-infrared laser and take physical measurements to give us a baseline to start.

If you have any doubts about how the Medifast® diet works, just look at me. I am the first patient on it and I vow to keep the weight off for the remainder of my life. Are you ready for that commitment too?