

# *Struggling to Lose Weight?*

Introducing a **Lifestyle Medicine Program** developed by **Dr. Mahooti** to help you *prevent & treat chronic diseases and achieve wellness through lifestyle changes*

## **Why is this Lifestyle Medicine program important?**

Since its adoption in the late 1970s, the Standard American Diet, as depicted in the traditional food pyramid, and its emphasis on “low fat” foods has had disastrous health consequences in America and any country that’s adopted it. The rates of obesity and diabetes have skyrocketed, and a growing body of evidence indicates that these diseases, as well as others such as High Blood Pressure, Cardiovascular Disease, Non-Alcoholic Fatty Liver Disease, Dementia, Joint Aches and Pains, Chronic Fatigue, Polycystic Ovarian Syndrome, and certain Cancers are inflammatory conditions collectively referred to as **Dietary Metabolic Diseases**. Prescription medications can treat the *symptoms* of these conditions, but do not address the root cause: food and lifestyle. Lifestyle change prevents, treats, and reverses these conditions.

## ***The accumulation of body-fat (obesity) is a hormonal problem, not simply a “calorie imbalance” problem.***

For the past several decades, the food industry, medical and nutritional communities have blamed the obesity epidemic on caloric imbalance: “Eat less, exercise more” and “A calorie is a calorie” are familiar sayings. But obesity rates continue to skyrocket. A more compelling explanation is that processed “foods”, which are designed by food engineers to give us cravings, wreak havoc on our hormones and metabolism, *and ultimately cause our bodies to accumulate fat*. The science has spoken: ***all calories are not equal***. The low-fat fad and the “eat less, move more” experiments have failed us.

## **What can I expect if I participate in the Lifestyle Medicine program?**

*You will learn that changing **what & when** you eat result in remarkable weight loss and improvements in metabolic health and lab tests. Type 2 diabetes is reversed. Participants consistently, safely discontinue medications and report increased energy, elimination of cravings, resolution of joint aches and pains, improved sleep, and many other benefits.*

## **Is it covered by insurance?**

Yes, if you have a condition mentioned above, or another qualifying condition. Ask the office staff for details.

## **When does it meet?**

The program is comprised of three, 60-80 minute group sessions that meet over a 1-2 month period of time. Dr. Mahooti teaches in an interactive, engaging format. He customizes your plan during one-on-one time at each session. Sessions are by appointment only and meet Mondays, Tuesdays and Wednesdays. Ask his staff for details.

<b>Mondays 11:40 AM - 1:00</b>	<b>Tuesdays 4:00 PM - 5:20</b>	<b>Wednesdays 8:00 AM - 9:20</b>
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***If you think you’ve heard it all before, or that you “know what to do, just need to do it”, or that there is no hope to improve your health and wellbeing, this program is for you.***