

## MN Angels Clinic - Weight Loss Program

### Weight Loss Program Details

Visits are weekly

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- 1st visit:** Step 1: full history and physical  
Step 2: full review of medical records  
Step 3: order needed blood tests
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- 2nd visit:** Step 4: Detailed discussion about food (amount, type, proportions). Set weight goal. Start dietary and activity logs. We can even offer an inexpensive deal with restaurants that offer the diet we recommend.
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- 3rd visit:** Step 5: Evaluation for the following conditions:  
1. Diabetes mellitus (high blood sugar)  
2. Hypertension (high blood pressure)  
3. Hypercholesterolemia (high cholesterol)  
4. Hypertriglyceridemia (high triglycerides)  
5. Metabolic syndrome  
6. Hypothyroidism (low thyroid)
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- 4th visit:** Step 7: Cognitive and behavioral evaluation / full scale psychological evaluation
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- 5th visit:** Step 8: Discussion of the sports and exercise issues. Exercise program.
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- 6th visit:** Step 9: We reevaluate all the above and see where the patient is going.  
Step 10: If improving we continue the protocol.  
Step 11: If not improving we change the protocol.
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- 7th visit:** Step 12: If the management is working we continue. If not we start specific medications for weight loss.
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- 8th visit:** Step 13: We see how the weight loss is working for you in conjunction with all other previous recommendations
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- 9th visit:** Maintenance visit - review of medical data. Maintenance visits will have a focus topic, but all aspects of progress will be discussed

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10th visit: Maintenance visit – review of dietary data

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11th visit: Maintenance visit – review of cognitive-behavioral data

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12th visit: Maintenance visit – review of exercise data  
Step 14: Option of herbal tea treatment. A specific brew if prepare for you.  
Step 15: Option of acupuncture treatment to see if it suits you  
Step 16: A recommendation for a psychologist. Would this be helpful or not?  
Step 17: Are you having some issue you never told us about or will you be able to discover it  
Step 18: Detailed discussion about food intake  
Step 19: Calorie counting  
Step 20: Teaching about calories (bad and good ones). Easy to use, easy to follow  
Step 21: Balance of burning and taking in calories. What to expect with less or more calories. What kind of weight loss or gain to expect.  
Step 22: Will discuss certain fruit and foods that are suitable to you in specifics  
Step 23: Discuss how some food makes someone else lose weight but surprisingly enough make you gain weight  
Step 24: Will recommend special restaurant  
Step 25: Will recommend certain supplements and specific meals  
Step 26: Offer exercise programs for maintenance life style changes

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During this course of treatment we look at the first month to advise you about food types and amount to make you lose weight without being hard on you. If we find medical reason we will treat it and that will make your obesity resolve with our full program. If we don't find any reason for your obesity we continue our 26 steps of the program. If you reach a plateau we have so many options to break it. After we finish the 6 month program you will be assigned a long term maintenance program with a inexpensive cost and a guarantee that you won't gain the weight back.

