

# HORMONE BALANCING WEIGHT LOSS PROGRAM

**STOP**

Unhealthy Dieting Tricks and Lose Weight Now with

## Dr. Judi Goldstone's Hormone Balancing Weight Loss Program

Do you wonder why it is so difficult to lose weight - even with a proper diet and exercise? It might be your hormones. Yes, if your hormones are out of balance, it may be difficult to succeed at losing weight and keeping it off.

Judi Goldstone, MD is a board certified internist, who is also trained in bariatric (weight loss) and bio-identical hormone replacement medicine. After treating both men and women with various weight loss problems for nearly 10 years, Dr. Goldstone noticed that having balanced hormones could be a crucial key to successful weight loss. Therefore, Dr. Goldstone developed the [Hormone Balancing Weight Loss Program](#). In addition to following a healthy diet, taking proper nutritional supplements, exercising, and practicing stress reduction, being hormonally balanced will increase your chances for long-term weight loss success.

This Program takes a comprehensive and customized approach to weight loss under Dr. Goldstone's direct supervision. The Program starts with an in-depth medical history, physical exam, and laboratory analysis. The laboratory analysis includes screening for metabolic syndrome, diabetes, heart status, kidney disease, cholesterol, lipids, blood count and all major hormones, including cortisol. After evaluating the your needs and physical status, Dr. Goldstone will design a program specifically customized for you emphasizing bio-identical (human equivalent) hormone balancing, and a healthy lifestyle to lose and maintain weight loss, instead of the ineffective quick fixes you've probably tried in the past.

The Program also includes a customized diet plan, exercise program, behavior modification, stress management, nutraceutical supplementation, weekly appointments, and if warranted, medication to control appetite. At each weekly appointment you'll be weighed, have your vital signs taken, receive an injection of vitamin B12, and meet with Dr. Goldstone for further evaluation, consultation, and if necessary, adjustments to the Program. Other injections of Vitamin B, B complex, amino acids to help the body metabolize fat are also available.

Please call our office at (424) 247-4962 for more information, including the cost of the Program. Dr. Goldstone attempts to control her costs and keep the Program reasonably priced so more patients can take advantage of it.