

## Dr. Judi Goldstone's Weight Loss Program

Lose and keep off weight with Dr. Goldstone's 10 week medical weight loss program. The program is comprehensive and individualized under Dr. Goldstone's direct supervision. Judi Goldstone, MD is a board certified internist, who is also trained in bariatric (weight loss) and hormone balancing medicine.

Dr. Goldstone's program starts with taking an in-depth medical history, physical exam, and laboratory analysis. The laboratory analysis includes screening for metabolic syndrome, diabetes, heart, kidney and liver disease, cholesterol, lipids, and blood count. In addition, Dr. Goldstone's program tests for all the major hormones including cortisol, which tends to be imbalanced in people who have difficulty losing weight and maintaining weight loss. After evaluating the patient's particular needs and physical status, Dr. Goldstone designs a complete program emphasizing a lifestyle, not just a quick fix diet.

The program includes a customized diet, exercise plan, behavior modification, stress management techniques, nutraceutical supplementation, and if necessary, hormone balancing. If medication to control appetite is warranted, such medications may be prescribed as well.

During the 10 week program, the patient will be required to visit Dr. Goldstone each week. During these follow-up appointments the patient will meet with Dr. Goldstone, who will evaluate the patient's progress and make adjustments to the program as necessary. The patient will also be weighed, have her or his vital signs taken, and be given a weekly vitamin B12 injection.

For further information please contact Dr. Goldstone's office.

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