

# LIFESTYLE BALANCING WEIGHT LOSS PROGRAM

**STOP**

**Unhealthy Dieting Tricks and Lose Weight Now with**

## **Dr. Judi Goldstone's Lifestyle Balancing Weight Loss Program**

Lose and keep weight off with Dr. Goldstone's 10 week Lifestyle Balancing Weight Loss Program. This 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 bio-identical hormone replacement medicine.

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 the hormones thyroid and cortisol. After evaluating the your needs and physical status, Dr. Goldstone will design a program specifically customized for you emphasizing 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.