

## DR. ANNIE'S 12-WEEK WEIGHT LOSS PROGRAM - INFORMATION

Weight gain or difficulty losing weight can be caused by many things, such as suboptimal diet and exercise, food sensitivities, insulin resistance, excess or low cortisol, thyroid dysfunction, estrogen dominance, and others. Dr. Annie will help you determine the root cause.

This individualized weight loss program consists of weekly visits for 4 weeks, then every two weeks for the remaining 8 weeks, and includes an initial intake, weigh-ins, measurements, body fat percentage, nutritional counselling, a 1-week meal plan, supplement and lab test recommendations, acupuncture, and injections to boost metabolism and fat loss.

Topics discussed over the course of the program include: Insulin and Carbohydrates, Intermittent Fasting, Cortisol and Lifestyle, Hydration, Protein, Fat, and Exercise.

### Visits

- First visit: 90 minutes for new patients (\$200), 40 minutes for existing patients (\$120)
  - Health history intake, weigh-in, measurements, and body fat percentage.
  - Naturopathic weight loss diet including recipes, grocery list, and a 1-week meal plan.
  - Lab test and natural supplement recommendations will be made based on symptoms and needs (cost variable).
  - A lipotropic intramuscular injection will be given into the shoulder muscle to help stimulate metabolism and fat loss (\$20).
- Weeks 2, 3, 4, 7, 11: 60 minutes (10 minutes if injection only)
  - Acupuncture (\$85\*): reduce cravings and stress, and improve digestion, energy and sleep.
  - Lipotropic injection (\$20, \$30 if injection only, no acupuncture)
- Week 5 and 9: 70 minutes (30 minutes if weigh-in and injection only)
  - Acupuncture: acupuncture treatment + weigh-in, measurements and body fat percentage, + lipotropic injection (\$155)
  - No acupuncture: Weigh-in, measurements, and body fat percentage + lipotropic injection (\$110)
- Week 13: 30 minutes
  - Final weigh-in, measurements, body fat percentage (\$90)

\*Note: acupuncture may be done with an acupuncturist to maximize your benefits if you have extra acupuncture coverage. The acupuncturist will perform their own assessment and

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determine their own point prescription. Pricing with an acupuncturist may be different, and note that an initial appointment with an acupuncturist may be priced higher.

### **Laboratory Tests**

Various tests may be recommended for your individual situation. These tests may include: food sensitivity testing, insulin resistance panel, adrenal function panel (cortisol), female or male hormone panel, thyroid panel. Note: if you have recent blood work or other testing, bring it to your first appointment, or Dr. Annie can send for it.

### **Supplements**

Specific supplements will be recommended based on your individual needs to help stimulate your metabolism, reduce inflammation, increase energy, and more.

### **FAQ**

What's the cost?

- The cost will vary from patient to patient, but the basic cost of the visits as outlined above is:
  - Initial visit: \$200 + \$20 lipotropic injection = \$220
  - Weeks 2, 3, 4, 7, 11: (\$85 + \$20) x 5 = \$525 or \$30 x 5 = \$150 (no acupuncture)
  - Weeks 5 and 9: \$155 x 2 = \$310 or \$110 x 2 = \$220 (no acupuncture)
  - Week 13: \$90
  - Total (new patients)= \$1,145 or \$680 (no acupuncture)
  - Total (existing patients)= \$1,065 or \$600 (no acupuncture)
- Lab tests and supplements are extra. Lab tests vary from \$85-\$494, and supplements vary from \$30-\$85.

How much weight will I lose?

- The amount and speed of weight loss depends on many factors, including starting weight and adherence to the program recommendations. A heavier person can expect to lose more weight (20 lbs or more) faster than someone closer to their target weight. A healthy rate of weight loss is 0.5-1 lb per week, amounting to 6-12 lbs lost over the 12 weeks. More than that is associated with rebound weight gain since your metabolism is not used to your new weight.
- By taking what you learn in the program and continuing with your diet and exercise past the 12 weeks, you will continue to lose weight.
- The program may be repeated as often as you need.

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How restrictive is the program?

- This program is **not** based on calorie restriction. Studies show that diet restriction is not always effective. Calorie restriction can cause feelings of deprivation and is more likely to lead to binge-eating. We provide sustainable, healthy diet tips, and recommend an 80/20 approach.

What's in the lipotropic injection?

- Our lipotropic injections help to stimulate the breakdown and elimination of fat, support liver detoxification, boost metabolism, and maintain insulin sensitivity, preventing sugar from being stored as fat.
- Each 1 mL injection contains:
  - Methionine, Inositol, Choline
  - B12 (1000 mcg)
  - Chromium
  - Carnitine