



Advanced Solutions for The Skin and Body

*Weight Reduction
And
Management Program*

Convenient locations to serve you:

Carrollwood- **Salon Lofts Carrollwood Unit #10**- 12823 N. Dale Mabry Hwy Tampa

S. Tampa- **Salon Lofts Unit #10** - 1108 S. Dale Mabry Hwy.

S. Tampa- 3830 W. Neptune St., Unit C-5

813.254.7727 | Esteemedspa.com



“ALERT”

Dear Client:

We look forward to assisting you with the **Weight Reduction and Management Program** and we value the confidence you have shown by choosing Esteem Medspa.

Your success will depend on how diligently you follow the protocol. This protocol requires close supervision of your individualized weight loss program by Esteem MedSpa. It is necessary that you follow our instructions and keep your appointments to be successful. The medication should be taken as prescribed and only changed after consulting with our physician.

The medication should be taken as prescribed and must not be combined with any other medication unless approved by the Esteem Med Spa physician. If you have any questions regarding drug interactions, please consult with our physician. For your safety, please inform us of any medications (old or new) and any changes in medication, while on the program.

Do not share the medications with others. These medications can have severe side effects if certain medicines or medical conditions are present.

The success and safety of your program requires that you follow our instructions and protocol.

Client Signature

Date

Important:

If your first visit with the Physician occurs at the St. Petersburg office location. Please bring this form with you and present it to the office staff.

Attention Dr. Hoa Le Staff:

Please accept our patient on behalf of Esteem Medspa. And, as per Dr. Le’s instruction, please expedite this patient according to his wishes.

Thank you,

Esteem Medspa



Program Goal

The goal of the program is to help you reduce your weight and develop a plan to maintain a healthy weight and lifestyle by balancing your food intake and your physical activity. Fat reduction will make you healthier and will decrease your chances of getting diabetes, hypertension, stroke, and other chronic illnesses.

Schedule

Most experts agree that slower weight loss is best. One and a half to two pounds a week is considered an ideal rate of weight loss. It is fast enough for the dieter to see changes in their body yet slow enough to avoid health complications. Losing three or more pounds per week would be considered too much too fast. This could be hazardous and could decrease the chances of keeping your weight off.

We recommend and offer one-on-one weekly consultations. We have found weekly visits to the clinic are a key ingredient to reach your weight loss goal. This is not a requirement but, if any scheduled visits are un-kept or cancelled without 24 hours notice, this will count as one weekly visit. If another appointment is scheduled during that same week there will be a charge for the Vitamin Injection.

Patient Cheat Sheet

- Eat everything on the daily menu plan, in the amounts listed
- Eat breakfast, lunch and dinner. Eat a small, healthy snack in between
- You may combine foods by using ½ the amount of each food
- Drink at least one gallon of water per day
- Check for ketosis
- Come in for your weekly weigh in
- Call if you have any questions or problems
- Make sure you take your prescribed medications and a multivitamin every day
- Start your exercise slowly and gradually increase



Road to Real Health and Vitality

The Beginning of the Journey:

An initial assessment and medical examination are undertaken, along with certain blood tests and body measurements. This is necessary in order to exclude any underlying medical causes for obesity.

Our personal advisor will gather information about your individual medical history, weight history, & your goals and preferences, and they will **actively work with you** to arrive at the **best weight management plan for you**. Our clinicians are **knowledgeable & current** with the latest medical information on weight control, and he/she will help put this information work for you!

Initial Visit and Consultation

- **Meet Clinician and receive complete Health Assessment**
 - Review Program
 - Establish Goals
 - Receive first month's supply of Calcium Pyruvate
 - Vitamin Injection (these include MIC, Vitamin B12, B6 and Chromium Chloride)
 - Initial assessment and recommendations
 - Initial blood work
 - EKG
 - Weight, body fat index, and other body compositions
 - Exercise and nutritional recommendations
- **Acute Weight Reduction Plan**
 - **Meet the Physician-** Only on the initial visit. Can request to meet with the Physician at any time but, otherwise will be meeting each week with one of our Clinicians (Medical Assistant, Physician Assistant or Nurse Practitioner).
 - **Receive Medication prescribed by Physician-** Appetite Suppressant indicated in the management of weightloss as a short term adjunct in a regimen of weight reduction based on caloric restriction in patients with an initial body mass index (BMI) of 30 kg/m² or higher who have not responded to appropriate weight reducing regimen (diet and/or exercise) alone.
 - **4 Weekly visits per month-** which include a Vitamin Injection, weight check, and consultation with a Clinician to monitor progress. And, for your convenience, you can visit any of the 3 area locations for your weekly visits:
 - Carrollwood- **Salon Lofts Carrollwood Unit #10-** 12823 N. Dale Mabry Hwy Tampa
 - St. Tampa- **Salon Lofts Unit #10** - 1108 S. Dale Mabry Hwy.
 - St. Tampa- 3830 W. Neptune St., Unit C-5



BODY MASS INDEX

Your BMI can be helpful in identifying potential weight problems which could be hazardous to your health.

When we are overweight or obese, it puts us at a higher risk for developing or worsening many serious medical conditions. There are more than 30 medical conditions related to poor weight management that can damage your quality of life and even cause early death. Some obesity-related medical conditions include arthritis, several cancers, carpal tunnel syndrome, cardiovascular disease, gallbladder disease, gout, hypertension, infertility, liver disease, low back pain, obstetric and gynecologic complications, sleep apnea, stroke, type 2 diabetes, and urinary stress incontinence.

Obesity is commonly measured by using the Body Mass Index (BMI). You can find out what your BMI is simply by knowing your height and weight and using a BMI chart.

Use this tool to determine your Body Mass Index, and get healthy today!

BMI:	25	30	35	40
<i>Height (inches)</i>	<i>Body Weight (pounds)</i>			
4'10"	119	143	167	191
5'0"	128	153	179	204
5'2"	136	164	191	218
5'4"	145	174	204	232
5'6"	155	186	216	247
5'8"	164	197	230	262
5'10"	174	207	243	278
6'0"	184	221	258	294
6'2"	202	233	272	311
6'4"	205	246	287	328

To use this chart: Find your height in the left column. Move across that row towards the right to find your approximate weight. Then follow the weight column up to find your BMI in the bar at the top.

If you use percent body fat to define obesity it amounts to being above 32 percent for women and 25 percent for men. A BMI score of 27 or higher normally indicates that there is a weight problem which may affect the individual's health. You are considered obese if you have a BMI of 30 or more. The number of adult Americans (age 20 or older) who are obese has increased significantly in less than 20 years, from 15% to 26%. Severe obesity is defined as having a BMI of 40 or more. Approximately 2.9% of US adults (age 20 or older) today are severely obese.

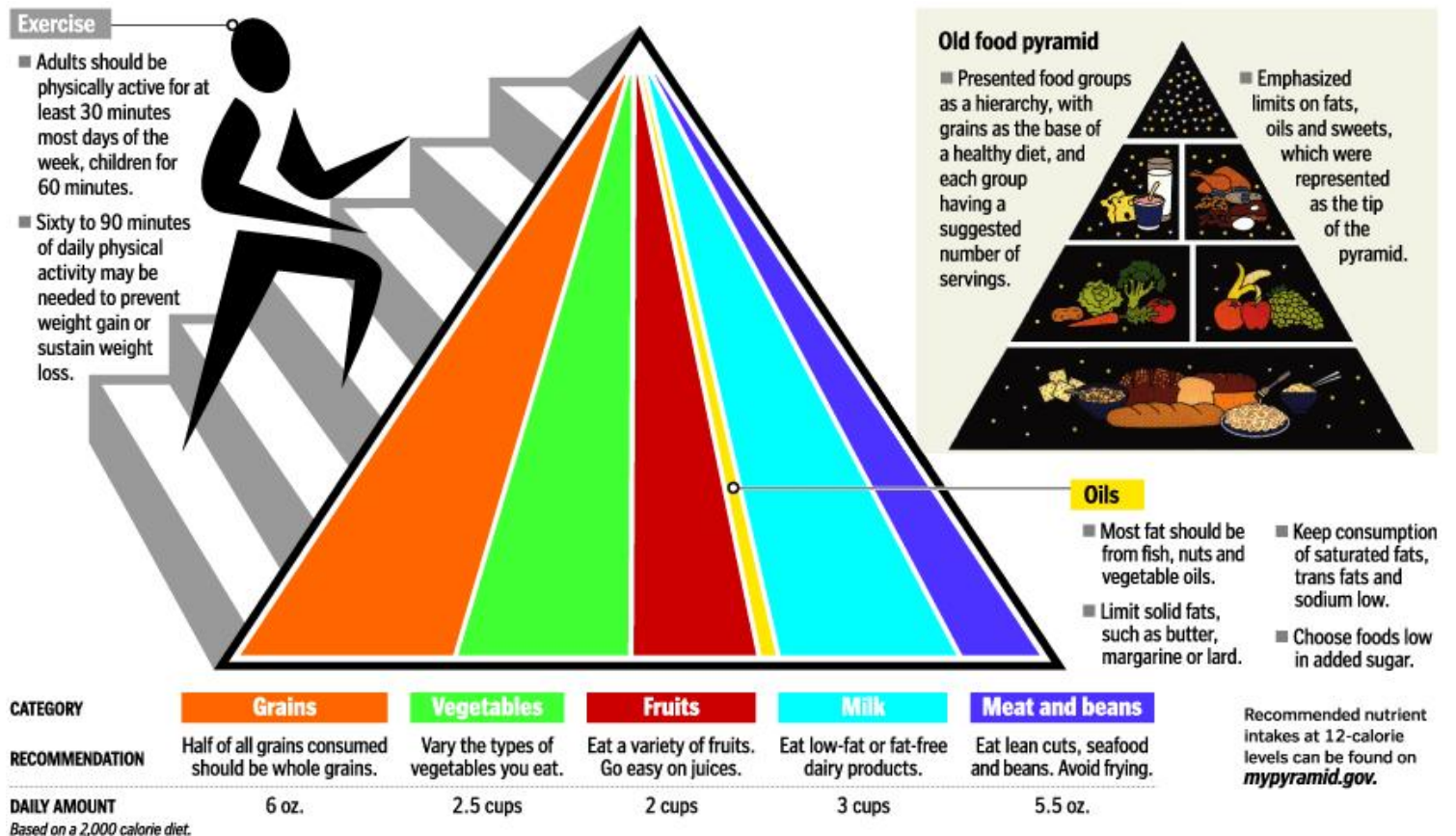
WHAT IS A CLINICAL KETOGENIC DIET?

A Ketogenic Diet is high in protein and low in carbohydrates. When we reduce our food intake for even a few days, our bodies begin using our stored fats, and these release ketones. Ketones are mild acids, a sort of reserve fuel released from burned fats.

During ketosis, the body switches from using glucose for energy (dietary carbohydrates) to using fat. Fatty acids are then released into the bloodstream and converted into ketones. The ketones themselves are produced by the metabolism of fat.

Ketosis refers to the process of the conversion. The ketones are used by your muscles, your brain, and other organs as an energy source. Excess ketones are then eliminated during urination.

Ketogenic diets are **not** recommended for pregnant women, alcoholics or persons suffering from kidney or liver disease. If you have one of these conditions it is your responsibility to notify the physician/consultant.





Testing for Ketosis

How do I test for ketosis?

Ketostix are used to test for ketosis and can be purchased at your drug store.

Ketostix, are small plastic strips that have absorptive pads on the end. They will change color shades from light to dark. The container has a scale on it for comparison.

Sometimes the strips will not turn color if the ketones are being used by the body for fuel. For example, if you exercise, the muscles will use the ketones for energy and they will not spill into the urine.

Some clients never go into ketosis, but if they are losing weight and inches then we can assume that they are burning fat.

Diet – General

- Eat breakfast, lunch, dinner, and one to two snacks per day – eating 4-6 small meals a day is vital to maintaining your metabolism
- Take a multi-vitamin supplement each day with breakfast or lunch
- Take other medication as recommended by your physician

Sodium – Sodium loss and dehydration are the main reasons that clients feel tired, dizzy, or get muscle cramps while on the diet. Notify your medical staff if you are experiencing any of these symptoms. Ask us for our recommendations for this and Natural Sources of Sodium.

Calcium – woman may need calcium supplementation. Calcium supplements of 1 000 – 1 200 mg per day is usually recommended. Make sure that the supplements have Vitamin D, but do not take unless advised by the physician.



Jump Start – Days 1 to 4

The goal of the first 1 to 4 days of your diet is to induce **ketosis**, which means that your body is **burning fatty tissue**, and that your carbohydrate reserves have been depleted. We recommend that you purchase **Ketostix** at your pharmacy, and that you start monitoring your urine after you have been on your diet for 3 to 4 days.

Your diet is a Low Calorie Diet and you will need to split these calories into 3 meals and 1 to 2 snacks per day. The goal is to achieve **Moderate** ketosis after 3 to 4 days.

(This phase may be repeated if discussed with consultant)

Menu Plan	Breakfast Recommendations	Lunch Recommendations	Dinner Recommendations	Snacks Total
Protein:	1 oz	3 oz	3 oz	3oz
Fruit:				
Dairy				
Vegetable				

Aggressive Weight Loss - Days 5 to 11 (starting Day 5 or when you attain ketosis)

Menu Plan	Breakfast Recommendations	Lunch Recommendations	Dinner Recommendations	Snacks Total
Protein:	1 oz	3 oz	4 oz	2oz
Fruit:	1 serving	1 serving		
Dairy	1 serving			
Vegetable		2 servings	2 servings	

Aggressive Weight Loss - Days 12 to 21 (until you reach your goal)

Menu Plan	Breakfast Recommendations	Lunch Recommendations	Dinner Recommendations	Snacks Total
Protein:	1 oz	3 oz	4 oz	2oz
Fruit:	1 serving	1 serving		
Dairy	1 serving			
Vegetable		2 servings	2 servings	
Starch		1		
Fat		1		



Food Groups - Selections

Proteins: 10 Protein Servings per day (maximum of 4 from List 2; the remaining should be from List 1)

List 1 (preferred)

Poultry: Chicken or turkey (white meat, no Skin), Cornish hen (no skin) 1 oz.

Fish: Fresh or frozen cod, flounder, haddock
Halibut, trout, tuna (canned in water) 1 oz

Shellfish: Crab, lobster, scallops, shrimp 1 oz.

Game: Venison, buffalo, ostrich 1 oz

Cheese with 1 gram or less fat per ounce:
Nonfat or 1% cottage cheese ¼ cup
Fat free cheese 1 oz.

Other: Processed meats with 1 gram or

less fat per ounce 1 oz.
Egg whites 2
Egg substitutes ¼ cup
Tofu, soft 3 oz.
Hard boiled egg 1

List 2

Beef: USDA Select or Choice, trimmed of fat, such as round, Sirloin, flank steak, tenderloin, roast, T-bone, porterhouse, ground round 1 oz.

Pork: Lean pork ham, Canadian bacon, tenderloin, loin chop 1 oz.

Lamb: Roast, chop, leg 1 oz.

Veal: Lean chop, roast 1 oz.

Fish: Herring, salmon, catfish 1 oz.
Oysters-6 Sardines-2

Cheese: 4% cottage cheese ¼ cup
Grated Parmesan 2 tbsp
Cheese with 3 gm or less fat/oz 1 oz.

Other: Meats with 3 gm or less fat 1 oz

Fruit Servings: Total of 35g of carbohydrates per day

Apples (unpeeled)	1 small	Oranges	1 small
Cherries	12	Strawberries	¾ cup
Grapes	12	Peach	1 small
Grapefruit	¼ large	Banana	¼ small
Pear	½ small	Blackberries	1/3 cup
Raspberries	½ cup	Cantaloupe	1 cup

Vegetable servings: (One serving is equal to 1 cup of raw or ½ cup cooked.)

Asparagus	Cabbage	Mushrooms
Artichoke	Cauliflower	Onions, scallions
Bamboo shoots	Celery, celery leaves	Peppers (green, red, sweet, hot)
Beans (green, yellow)	Cucumber	Sauerkraut
Broccoli	Eggplant	Spinach
Brussels Sprouts	Greens (collard)	Radish
Lettuce	Tomatoes	Carrots

**Note: The fruits and vegetables in bold are the preferred choices for maximum weight loss.*



Fat:

Canola oil	1 tsp	Olive Oil	1 tbsp
Soya oil	1 tsp	Nuts/seeds	1 tbsp
Red Vinegar	1 tbsp		
Salad dressing	2 tbsp low fat or fat free dressing with no more than 30 calories per tbsp.		

Starch:

Sweet Potato (baked with skin)	3 oz	Corn	½ cup cooked
Brown Rice	1/3 cup cooked	Green Peas	½ cup cooked

Dairy:

Skimmed Milk	1 cup a day
Yogurt (low fat low carb)	4 oz a day
Creamer (fat free)	2 tbsp a day

Beverages and Fluids: 1 gallon (128 ounces) of fluid daily, this is 16 - 8 ounce glasses

- Two cups caffeinated beverages maximum per day.
- No Alcoholic beverages are allowed.
- No more than two sugar-free diet beverages per day. (Caffeine-free, low sodium)
- Calorie free flavored waters
- Decaf coffee and tea, (limit of three)
- Crystal Light, Sugar Free Country Time Lemonade, diet seltzer, diet mineral water
- No whole milk, juices, or creamers if possible.
- No more than three packages (or equivalent) of sugar substitutes daily.

Note: 64 ounces (8 – 8 ounce glasses) of your daily fluid requirements must come from **water**.

Free selections:

½ cup of diet gelatin, lettuce (all types), mustard

Preparations:

- Weigh protein after cooking
- Measure all other foods
- Remove skin and fat from all meats before preparing
- Vegetables should be fresh or frozen
- Fresh fruits are best (if canned must be packed in water)



Be an Informed Consumer

This is to inform you that the medications that will be dispensed during your program are FDA approved appetite suppressants. These medications are a controlled substance and are highly regulated by state and federal agencies. Our program undergoes periodic evaluations by the Florida Department of Health to ensure compliance with state and federal laws.

There are State of Florida statutes that must be adhered to during each visit that you are dispensed these medications. These statutes dictate that the physician evaluates your progress, and that your medication is selected and identified by the physician. This process must be followed at each visit, and we appreciate your understanding if there is a slight delay during your checkout process. These rules are in place for your safety and we want to assure that you receive the medication that the physician selects for optimal results of your individualized program.

The physician may not see you at each visit, but he will always evaluate your progress and select your medication to be dispensed. The physician will always see you if there is a problem, a change in medication is required in your individualized program, or if you desire to speak to the physician.

- A. **WARNING:** Rapid weight loss may cause serious health problems.
- B. Consult your physician before starting any weight loss program.
- C. Only lifestyles changes, such as making healthful food choices and increasing physical activity, promote long-term weight loss.
- D. Qualifications of this provider available upon request.
- E. You have the right to:
 1. Ask questions about the potential health risk of this program and it's nutritional content, psychological support and educational components.
 2. Receive an itemized statement of the actual or estimated price of the weight loss program, including extra products, services, supplements, examinations, and laboratory tests.
 3. Know the actual or estimated length of the program.
 4. Know the name, address, and qualifications of the dietitian or nutritionist who has reviewed and approved the weight loss program, according to s.468.505(1)(j), Florida statutes.



Exercise

Exercise is a key component to any healthy lifestyle. Exercise can help you lose weight more quickly. It can help control some of the diseases associated with obesity, including high blood pressure, heart disease, diabetes, osteoporosis, and certain cancers. Exercise is can increase energy levels, strengthen your bones, improve your cardiovascular and respiratory systems, improve your sleep patterns and lift your mood.

Doing moderate exercise is essential in decreasing insulin resistance, which causes a decrease in body fat.

Lifestyle Changes

It's important to look at how your habits may be influencing your weight. Are you watching a lot of television? Inactivity, coupled with snacking in front of the television set, could be contributing to your weight problem. Do you eat when you find yourself emotionally upset or stressed? Learning new ways to address the stress in your life may help you avoid soothing yourself with food.

Behavioral Enhancements

A number of simple behavioral changes can have an impact on your weight loss success:

- Eat only at the table. No snacking in front of the TV, in bed, while driving, or while standing in front of the open refrigerator.
- Learn about portion sizes. Our "Super size-It" culture has misled an entire generation about the normal size of a portion.
- Consider learning meditation or yoga as a way of managing stress, rather than munching on snacks when the demands of your life begin to overwhelm you.
- Find ways to socialize and enjoy your friends and family that don't involve a meal or dessert.
- Consider keeping a diet and exercise journal. This may help you identify overeating triggers in your life.
- Find a support group or consider psychotherapy to help support you in the challenging and worthy goal of weight loss.



Recommended Basic Exercise Program

I. Fat Burning/Cardio Aerobic exercise

Your cardio/aerobic exercise should range from a moderate to intense and back to moderate level during each cardio/aerobic session.

30 minutes, 3 to 4 times a week is recommended.

II. Toning / Resistance Strength Exercise

Toning/Resistance exercise is an integral part of any exercise program to promote healthy muscle and bone growth. Your percent body fat will decrease as your lean muscle mass increases, causing you to lose inches. Increasing your lean muscle is also the only proven way to actually speed up your metabolism.

Weights do not have to be heavy but should challenge the muscle to promote strength and development of the muscle tissue. Just remember using low weights along with multiple reps will give you a more lean and toned look.

All muscle groups should be worked at different sessions, i.e., chest, arms and shoulders in one session; legs, calves and back in another session. Abdominal muscles can be exercised daily. You may prefer supervised professional training, which could be very helpful and can prevent long-term injuries.

Strength training will increase muscle fibers and the amino acid glutamine is stored in the muscle fibers. Glutamine is essential for your immune function and thus maintaining muscle mass will assure that there is adequate amount of this amino acid when the body requires it in a crisis. Muscle mass also aids the body in extracting glucose from the bloodstream and causing a drop in the insulin requirements.

Your program recommends strength training 3 days a week.

We will be glad to provide you with more tips and recommendations.



Medicine and Directions

Phendimetrazine 35 mg

_____ tablet one hour before meals _____ times a day **no later than 3:00pm**

*Prescription is based on individual needs please follow the direction given by the physician.

Calcium Pyruvate

Two capsules with each meal

*This is not a prescribed medication but highly recommended.

Multivitamin with minerals

One tablet taken with food at breakfast or lunch

*this is not a prescribed medication but highly recommended.

Some common side effects that you could experience are as follows:

- Insomnia
- Constipation
- Headaches
- Diarrhea
- Leg cramps
- Dry Mouth

Please inform your medical staff of any side effects or concerns that you may experience or have.



Appetite Suppressants - Oral

USES:

This medication is used in combination with a diet and exercise plan to help you reduce weight.

HOW TO USE:

- This medication is best taken on an empty stomach one hour before a meal.
- Because this medication may cause sleeplessness, avoid taking a dose late in the day. Allow at least 6 hours or more before bedtime.
- Take this medication as prescribed by your weight loss physician.
- Use in combination with other appetite suppressants is not recommended unless prescribed by your physician.

SIDE EFFECTS:

- Blurred vision, dizziness, dry mouth, sleeplessness, irritability, stomach upset, or constipation may occur the first few days as your body adjusts to the medication.
- Notify your doctor if you experience: chest pain, nervousness, pounding heart, difficulty urinating, mood changes, breathing difficulties, swelling, or vision changes
- If this medication makes you dizzy or lightheaded, avoid driving or engaging in activities requiring alertness.

PRECAUTIONS:

- Tell the doctor your complete medical history, especially if you have: high blood pressure, an over active thyroid, glaucoma, diabetes, kidney disease, or emotional problems.
- **This can cause psychological dependence** and has to be taken with caution.
- It is recommended that you avoid drinking any alcoholic beverage while taking this medication
- **This drug should not be taken during pregnancy (this drug can be secreted in milk and should not be used during breast-feeding).**
- **Do not share any medication with others**



ORAL PHARMACEUTICAL AGENTS

Phendimetrazine or Phentermine

Action similar to an amphetamine in the treatment of obesity but does not have the extreme stimulation of an amphetamine.

The drug can cause central nervous system stimulation. Please call if you get excessive stimulation, nervousness or irritability.

Contraindications to the use of this medication:

- Severe heart disease
- Severe hypertension
- Allergy to medication
- Close angle glaucoma
- Agitated states
- History of drug abuse

The medication is not habit forming, but it must be tapered slowly when you reach the maintenance phase to prevent fatigue or lethargy.

Calcium Pyruvate 750 mg

Pyruvate is a carbohydrate naturally found in red apples, cheeses, and red wine. A discovery made at the University of Pittsburgh School of Medicine showed that a diet supplemented with Pyruvate increased fat loss by up to 48% and minimized the associated loss of body protein. Normally, during dietary restriction to promote fat loss, there is always a corresponding loss of muscle, but this study shows otherwise. Scientists who have studied Pyruvate believe it may accelerate fat loss by increasing "cellular respiration," which is the amount of energy the mitochondria uses. Some believe that calcium Pyruvate may even reduce fat without exercise making it an extremely attractive "fat burner" for those people who have trouble sticking to a diet or an exercise routine.

For those who are able to maintain a strict exercise routine, but have trouble losing weight, Pyruvate may help them attain their goals without nervousness or jittery feelings commonly associated with most over the counter thermogenic fat burners. The fact that calcium Pyruvate may increase endurance by up to 20% makes it even more attractive to bodybuilders and anyone who is on a calorie restricted diet because of how hard it is to get intense workouts once you have cut back on calories. The added endurance may make getting an intense workout easier.

Multi Vitamin

Please purchase a comprehensive multi vitamin and take as directed on the label.



DRUG INTERACTIONS:

Inform your doctor about all the medications you use, (prescription and nonprescription) especially if you take: high blood pressure medicine, MAO inhibitors, and any other weight loss medication. Avoid “stimulant” drugs that may increase your heart rate such as decongestants or caffeine.

DO NOT START OR STOP ANY MEDICATION WITHOUT DOCTOR APPROVAL.

MISSED DOSE:

- If you miss a dose, do not double your next dose.

STORAGE:

- Store at room temperature away from sunlight and moisture.
- Do not store in the bathroom.
- **Keep out of reach of children**

CALL ANY TIME, (24 HOURS, SEVEN DAYS A WEEK), IF YOU FEEL THAT YOU HAVE ANY SIDE EFFECT'S.

Number to call during non-business hours: 813-254-7727

Number to call during business hours: 813-254-7727

- **Tues and Wednesday 10 am to 7pm**
- **Thursday 10 am to 8 pm**
- **Friday 10 am to 6pm**
- **Saturday 10 am till 5pm**

Professional Support

One of the reasons for our program’s success is that you have access to the physician and staff to resolve any problems that may be encountered during your program. We are available to you 24 hours a day, seven days a week.

Estee Medspa, under the direction of Dr. Hoa Le, **understands** obesity and **knows how to treat it!** We offer you the most **up-to-date** medical treatments for weight control along with highly motivating guidance. We will supervise and customize a **safe, affordable, & effective medical weight loss program** for you, and we will help you decide if any of the currently FDA approved medications &/or programs is right for you. If you’re ready to lose the weight the right way and to keep it off for good, then we're here to help.



Vitamin Injections

MIC Combo Injection

Methionine is an amino acid. It acts as a lipotropic agent (to speed up removal of fat within the liver) to prevent excess fat buildup in the body, helps prevent or relieve fatigue and is beneficial to prevent problems of the skin and nails. It works as an antioxidant through a conversion process to L-Cysteine to help neutralize toxins.

Inositol is part of the vitamin B complex. As a mild lipotropic agent, it is used to help with weight loss and in redistributing body fat by breaking down or emulsifying fats in the body. It also helps promote healthy hair and skin.

Choline is also part of the vitamin B family. It helps the utilization of fats in the body and supports weight loss. It helps in the emulsification of fats and cholesterol in the body by helping form smaller fat globules in the blood and aiding the transport of fats through the smaller vasculature and in out of the cells. It also helps with general body detoxification by “decongesting” the liver of excess fats. It is also helpful for fatigue. When Choline is depleted in the body, fat metabolism and utilization may be decreased.

Vitamin B12 (Cyanocobalamin) is the “energy vitamin” as it often increases energy level helping to prevent fatigue. It also helps to suppress the appetite in weight loss programs as well as having a mild diuretic effect. It stimulates the utilization of proteins, fats, and carbohydrates in the body.

Vitamin B6 (Pyridoxine)

Vitamin B6 is the master vitamin for processing [amino acids](#)—the building blocks of all proteins and some hormones. Vitamin B6 helps to make and take apart many amino acids and is also needed to make the hormones, serotonin, [melatonin](#), and dopamine. Vitamin B6 aids in the formation of several neurotransmitters and is therefore an essential nutrient in the regulation of mental processes and possibly mood.

More Energy?

Need an additional vitamin injection to maintain your energy level throughout the week?

For just \$29.00, you can have a second vitamin injection. And, ask about our super fat burner injection MIC Ultraburn.

*A regular weekly visit needs to take place within the same week for discount to apply



What 30 minutes a day can do for your body

Aerobic Exercise:

Aerobic exercise strengthens your heart and lungs and improves blood flow. Health benefits are numerous, including disease prevention and management.

Is 30 minutes a day of aerobic exercise the magic bullet you've been looking for? With benefits ranging from heart disease prevention to stress reduction, it's one of the best things you can do for your health.

Aerobic exercise — a type of movement such as walking or bicycling that gets your heart pumping and increases your oxygen intake — can help you live longer and healthier and can help you prevent and manage chronic health conditions.

Take a look at the many benefits associated with aerobic exercise. Get motivated to reap the rewards.

How your body responds to aerobic exercise

During aerobic exercise, you repeatedly move large muscles in your arms, legs and hips. Aerobic fitness, also called cardiovascular fitness, refers to the ability of your heart, blood vessels and lungs (cardiovascular system) to supply fuel during sustained physical activity.

When you're aerobically fit, your body more efficiently takes in and uses oxygen to sustain movement more efficiently. To sustain repetitive muscle movement, your body:

- **Takes in more oxygen.** You breathe faster and more deeply to maximize the amount of oxygen in your blood stream.
- **Pumps blood faster and more forcefully.** To produce energy and deliver oxygen more effectively to the rest of your body, your heart beats faster. The force of each beat of your heart increases to maximize blood flow to your muscles and back to your lungs.
- **Increases the diameter and number of small blood vessels.** To get more oxygen to your muscles, small blood vessels (capillaries) dilate and carry away waste products, such as carbon dioxide and lactic acid. Over time, more capillaries will actually develop in the muscle to provide for more efficient oxygen delivery and waste removal.
- **Avoids overheating.** Your body warms up when you repeatedly move your muscles. To compensate for the rise in temperature, your body releases heat into the air as you breathe out. You also lose heat, water and minerals as you sweat.
- **Releases endorphins.** Regular aerobic exercise releases endorphins, your body's natural painkillers.

Your body is a complex machine that will get stronger and more efficient as it adapts to a regular program of aerobic exercise.

Aerobic exercise helps you live longer, live healthier. Taking part in regularly scheduled aerobic exercise can help you prevent certain diseases and manage others. It can also help you feel better.

Aerobic exercise can help:

- **Reduce your risk of coronary artery disease.** Heart disease is one of the top causes of death for men and women in the United States. If you've had a heart attack, achieving a higher level of aerobic fitness can help prevent a second attack.



- **Reduce your risk of developing hypertension (high blood pressure).** If you have high blood pressure, aerobic exercise can help lower it.
- **Improve blood fats.** Exercise increases the concentration of high-density lipoprotein (HDL) cholesterol (the "good" cholesterol) and decreases the concentration of low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol) in your blood.
- **Reduce your risk of stroke.** Improving blood fats results in less build-up of plaques in your arteries. Deposits of plaques in blood vessels leading to your brain can result in a stroke.
- **Reduce your risk of developing some cancers,** including breast, colon, prostate and endometrial cancer.
- **Reduce your risk of developing type 2 diabetes.** Aerobic exercise helps you control your weight, reducing the likelihood of your being overweight or obese, conditions that can lead to type 2 diabetes.
- **Ward off viral illnesses.** Aerobic exercise helps activate your immune system and prepare it to fight off infection. People who exercise regularly are less susceptible to minor viral illnesses, such as colds and flu.

Manage diseases and conditions

Aerobic exercise can help:

- **Lower your blood sugar levels if you have diabetes.** Keeping your blood sugar within target range can help you avoid long-term complications of diabetes, such as kidney failure or heart disease.
- **Manage your weight.** Combined with a healthy diet and appropriate strength training, aerobic exercise can help you lose weight or maintain a healthy weight.
- **Strengthen your heart muscle.** A stronger heart can pump more blood for every heartbeat, which means your heart doesn't need to beat as fast during rest or exercise.
- **Improve blood flow to all parts of your body.** A stronger heart muscle pumps blood more efficiently.
- **Relieve chronic muscle pain and fibromyalgia.** Aerobic exercise stimulates the growth of tiny blood vessels (capillaries) in your muscles. This helps your body deliver oxygen to your muscles more efficiently and remove irritating metabolic waste products, such as lactic acid.
- **Boost your mood.** Aerobic exercise can ease the gloominess of depression and the tension associated with anxiety.
- **Build strong bones.** Weight-bearing aerobic exercise, such as walking, can reduce your risk of osteoporosis and its complications. Low-impact aerobic exercises — such as swimming, cycling and pool exercises — can help keep you fit without putting excessive stress on your joints, making these exercises good choices if you have conditions such as arthritis.

Feel better and enjoy life more

Aerobic exercise can help:

- **Increase your stamina.** Aerobic exercise may make you tired during and right after the activity. But over the long term it can increase your stamina and reduce fatigue.
- **Manage your stress.** A session of aerobic exercise after a stressful workday can help you relax.
- **Improve your sexual performance.** In 2003, scientists at Harvard School of Public Health found that men who ran at least three hours each week reported sexual functioning like that of men two to five years younger.



Stay active and independent as you get older

Aerobic exercise can help you:

- **Maintain your mobility.** Maintaining a program of regular aerobic exercise keeps your muscles efficient and strong, which can help you stay steady on your feet as you get older. If you rely on a wheelchair, aerobic exercise that focuses on your arms, shoulders and upper body — rowing or cross-country skiing using a sit-ski, for example — can help your upper body stay strong while improving your cardiovascular health.
- **Stay independent.** As you age, aerobic exercise can help your muscles stay strong, which will help you avoid falls and fractures.
- **Extend your lifespan.** People who engage in cardiovascular exercise appear to live longer than those who don't.

Regardless of your age, weight or athletic ability, aerobic exercise is good for you. Is there a particular health benefit that motivates you to get moving?

Many ways to achieve aerobic fitness

Achieving a higher level of aerobic fitness can be fun because there are many activities from which to choose. Among the many options are:

- Walking
- Aerobic dance
- Swimming
- Bicycling
- Cross-country skiing
- Running
- Jogging
- Aquatic exercise
- Dancing
- Stair climbing
- Elliptical training
- Rowing

Walking is a popular form of aerobic exercise. It's simple and inexpensive. All you need is a pair of comfortable walking shoes that fit your feet. You can even benefit from time spent doing routine aerobic activities such as gardening or housework.

Get your body moving to experience the health benefits

You now know about the health benefits of aerobic exercise and how it affects your body. Let the health benefits inspire you to seek a higher level of aerobic fitness. Live longer and stay healthier with just 30 minutes a day.

Reference:

'Mayo Clinic Fitness for EveryBody' (Soft cover)