

Your successful transition to a healthier weight requires four vital elements:



IMPLEMENTATION

COMMITMENT

PERSONALIZED PLAN

MOTIVATION

If you are motivated to achieve your goal, let Balanced Care Life Enhancement™ help you put it all together.

## Initial Consultation

- Body Composition Analysis with detailed report
- Health History Screening with our health care provider
- Blood pressure and heart rate evaluation
- Personalized weight loss plan determined by your body composition
- Weight loss medication, if no contraindications, phoned to your pharmacy

## Follow-up Consultations

- Body Composition Analysis with detailed report
- Blood pressure and heart rate evaluation
- Monitoring and refill of your medication
- Transition to maintenance when appropriate

  
Balanced Care  
for Women™  
10806 Olive Blvd.  
Creve Coeur, MO 63141

# Weight Loss Program

Focus on reducing fat and change the way you lose weight!



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 *Balanced Care*  
**LIFE enhancement™**

314-993-7009 ext. 35  
[balancedcareforwomen.com](http://balancedcareforwomen.com)

# Obesity is not just a lifestyle problem.

In addition to lifestyle factors, obesity has complicated underlying genetic, neuronal, and hormonal components. Obesity is now officially recognized as a chronic disease. Like any other chronic illness, obesity should be treated by health care professionals in a medical setting.

**Your weight loss program is completely customized.**

## Initial Analysis

Your journey to a healthier weight starts with a precise InBody Composition Analysis to assess your lean body mass, body fat, and basal metabolic rate. You will receive a full-color detailed printout immediately following the analysis.

The data from the composition analysis is guaranteed accurate regardless of body type, gender, age, or level of physical conditioning. You do not need to undress or have your body pinched or touched to have your analysis performed.



**InBody520**  
BODY COMPOSITION ANALYZER

A health history screening by our health care provider will determine your protein and caloric needs. Our health care provider will ask if you are interested in anorectic medications (appetite suppressants). Anorectic medications have been documented to improve weight loss and maintenance of reduced weight. You will be monitored for side effects and effectiveness. Use of weight loss medication is not required.

Our weight loss program utilizes soy protein meal replacement shakes throughout the day followed by a “Lean and Green” evening meal prepared by you—lean meat and veggies! You will be eating every two to three hours so hunger is not typically a problem. The effectiveness and safety of this program is well documented.

## Follow-up Consultations

Your subsequent monthly visits will focus on the most important aspect of our program—preservation of your lean body mass. You will have a Body Composition Analysis at each appointment to document



that you are not losing muscle mass. If you want to wear smaller clothing sizes you need to lose fat,

not muscle. Loss of muscle will lower your metabolic rate and thereby make ongoing weight loss and maintenance more difficult. You can expect to maintain your lean body mass when you consume healthy quantities of protein.

## Our weight loss program is affordable

- Initial consult \$150
- Follow-up visit \$100
- Each visit includes body composition analysis to confirm you are losing fat.
- Monthly follow up visits confirm your progress.
- Soy protein meal replacements *average \$2/meal.*  
*(meals are not included in cost of visits)*



Payment is expected at time of service. Insurance does not cover this service.

For your convenience, we accept major credit cards and personal checks.

**Please call 314-993-7009 ext. 35 for appointments. Please leave a message.**

