

Weight Loss and Your Health

by Dalia Blunt, MS, NBC-HWC

With the beginning of the New Year, many of us will make a resolution to lose weight and get healthier. However, sticking to weight loss resolutions can be difficult due to obstacles such as lack of planning, motivation and support.

VitalityMDs is here to help you create a weight loss plan that will work, offer encouragement, and cheer you on. We utilize a collaborative process of assessment to engage and educate our patients in decisions related to achieving and maintaining optimal health and wellness. This is accomplished through effective coaching on lifestyle changes, weight management, stress reduction, and customized nutrition programs while providing unparalleled support.



Most people know that excess weight has significant health ramifications, such as:

- Increased heart attack risk
- Increased stroke risk
- Increased risk for some cancers
- Higher likelihood of type 2 diabetes
- Increased risk for developing high blood pressure

One specific problem many patients encounter is weight gain associated with hormonal imbalances. There are a wide range of hormonal issues that may cause sudden, unexplained weight gain. Some of these include declining estrogen (often due to menopause), thyroid deficiency, elevated cortisol (due to stress), insulin resistance, and polycystic ovary syndrome (PCOS). Hormonal weight gain may also be accompanied by other symptoms, such as hot flashes, night sweats, brain fog, fatigue, difficulty sleeping and mood swings. If you find yourself gaining weight with no apparent explanation or changes in diet or exercise, you may be suffering from hormonal weight gain.

How can I lose weight successfully and balance my hormones?

While improving dietary choices, increasing physical activity, getting more sleep, managing stress levels effectively, and limiting alcohol are all ways to help you lose weight, they do not always completely reverse hormonal weight gain. Vitality MDs has created weight loss and nutrition programs that will work for you to achieve your goals, boost metabolism, restore gut health, balance hormones, detoxify and lose

weight!

One of the most effective ways to reverse hormonal weight gain is our medical weight loss program known as HCG. HCG is a hormone that promotes fat burning, decreases hunger, and preserves muscle. It can help you reverse weight gain that is associated with hormonal imbalances because it tells the hypothalamus in the brain to reset your metabolism, so you are able to burn fat efficiently again, making it a unique and essential weight loss tool. In addition, unlike other weight loss medications, HCG is very well tolerated.

By using medical-grade HCG in conjunction with supplementation and a nutrient-dense food plan, weight loss comes directly from the abnormal fat stores while protecting lean muscle mass. Patients benefit by boosting metabolism and ridding the body of excess fat without affecting lean muscle and normal fat stores.

Along with our HCG program, we provide you with innovative treatments, including:

- Nutritional counseling and guidance with flexible meal plans and healthy recipes
- “Skinny shots,” Vitamin B injections that accelerate your metabolism and boost energy while reducing inflammation
- Diet history and weight loss goal evaluation
- Bi-weekly follow-ups/weigh-ins
- Body fat percentage, BMI and body measurement progress tracking
- Maintenance program for long-term weight loss success

Though everyone is different, many people following our plan end up shedding **15-30 pounds in only a month!** Often, weight loss is the only thing needed to correct your imbalanced hormones, but if it’s not enough, we prescribe hormone replacement therapy.

In addition to HCG, we offer other weight loss solutions such as our natural Lifestyle Program, peptide therapy (Semaglutide and Tirzepatide), cleansing and detox programs. Though medical weight loss is just one pillar of our **functional medicine** approach to care, it’s essential if you want to live your healthiest life and lower your risk for disease.

Call Dalia Blunt, MS, NBC-HWC, our board-certified health and wellness coach to find out more about how medical weight loss can help if you are suffering from hormonal weight gain. Call 480-425-8700 to book an appointment or schedule one [online](#).

January MedSpa Specials

*New Year...New You.
We welcome in 2024 with
something for everyone!*

MEDSPA \$200 (REG \$249)

MICRONEEDLING

This cosmetic procedure encourages collagen production using tiny, sterilized needles and may help smooth, firm, and tone skin and improve the appearance of scars, acne, and wrinkles.

OPUS BY ALMA \$800 (REG \$1,000)  **INCLUDES FACE & NECK**

Offering a wide range of anti-aging benefits for men and women who want to turn back the clock, Opus Plasma reduces signs of aging including photo/sun damage, fine lines, wrinkles, dullness, and scarring.

INJECTIONS

FACE YOUR DAY \$4,000

Juvederm Voluma (1 syringe each cheek), **Volux** (1 syringe each jawline), and **Voluma (1 syringe chin)**.

Juvederm is the #1 chosen dermal filler collection in the US. VitalityMDs is offering a 5-point filler that is unique and long lasting.

Each one adds volume and is designed for different needs in specific areas of the face including cheeks, chin, and jawline. We have what you need to get the results you want.



January SPECIALS



WEIGHT LOSS

HCG WEIGHT LOSS

New Patient **\$550** (REG \$625)

Repeat HCG & New Patient Lifestyle Program

\$400 (REG \$450)

\$50 OFF First Semaglutide Order with the Lifestyle or HCG Program

10% OFF
SUPPLEMENTS
ONLINE & IN HOUSE



JANUARY PROMOTIONAL PURCHASES MUST BE REDEEMED NO LATER THAN JANUARY 31ST, 2024

CALL TO SCHEDULE: 480.425.8700

Learn more at vitalitymds.com

