

# Bartels Medical Associates, PLLC

MEDICAL WEIGHT CONTROL

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Our center specializes in a comprehensive medical approach to the treatment of obesity, overeating and related disorders. This means that in addition to helping you lose the weight, we want to help you keep it off permanently. You will be under regular professional care during the course of the program.

Before starting on one of our programs, it is necessary to have comprehensive diagnostic testing and a physical examination by Dr. Bartels.

We offer several types of programs. These include the Fasting Program, the Modified Fasting Program, and the Monthly Program.

## **FASTING PROGRAM**

This program consists of five food supplements per day with additional comprehensive nutritional supplementation. Patients on this program must be seen weekly by the nurse/medical assistant and biweekly by Dr. Bartels. This program represents the fastest safe way to lose weight and is helpful for many patients who are very overweight or who want to get a quick start.

## **MODIFIED FASTING PROGRAM**

This program consists of two "shake" food supplements and one meal per day. You have one supplement at breakfast and one at lunch. You then have an evening meal consisting of a choice of meats and vegetables. Patients on this program are seen every two weeks by the nurse/medical assistant and every four weeks by Dr. Bartels.

## **MONTHLY PROGRAM**

This program consists of either a low fat, high protein food regimen with comprehensive nutritional supplementation or a high protein, low carbohydrate food regimen with comprehensive nutritional supplementation. Additionally, in appropriate patients, medications are used where indicated. Patients on this program must be seen every four weeks on a regular basis.