

Good Morning!

Whew, we made it through another holiday. Oh, wait a minute - I guess the Super Bowl isn't a holiday! I am at my desk contemplating all the stories I have heard this week as to why some of my patients had weight gain. Apparently, the football game is to blame. Hmmmmm!

I think instead, I will tell you a couple of stories that you might find encouraging.

Last week, a lady came in, having just returned from a cruise. She originally came in, on January 2, 2018 with a goal of losing 56 pounds and is doing lifestyle change, lipos and phentermine. She has consistently lost 3 to 5 pounds each week including the week of the cruise. Currently, she is down 15.8 pounds. That is in one month, even while taking a cruise. You see, it can be done. When we asked her what she did on the cruise to help with her weight loss, she said she did the following:

1. Took her phentermine to help her make better choices in food.
2. Walked as much as possible every day.
3. Avoided the all-you-can-eat meals.
4. Drank a lot of water.
5. Avoided alcohol during the day and had an alcoholic beverage on a few nights during the trip.
6. Had dessert twice while on the trip and did not feel deprived.

The second patient, is a 59-year-old male. He has many health problems, including high blood pressure and diabetes. In 26 days, he has lost 35.8 pounds and has been able to decrease his blood pressure medicine and diabetic medication significantly! He is on the HCG protocol.

The 3rd and 4th patients, are a mom and son, who have lost over 100 pounds each in the last 8 months with a combination of HCG and lifestyle protocols. This lady's family doctor walked right past her without recognizing her. He has been her physician for over 10 years!

These results are NOT atypical for our patients. So be encouraged. If you have fallen off whatever protocol you were on, then get back on it today! If you need help give us a call.

Yours truly,

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*Happy
Valentine's
Day*