

OCCUPATIONAL HEALTH CARE
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WEIGHT LOSS PROGRAM

WEIGHT LOSS TIPS

In order to lose weight you must increase your metabolism. The definition of metabolism is life sustaining chemical activity: the series of processes by which food is converted into the energy and products needed to sustain life. Your metabolism is on all the time. We measure the calories needed for a successful life style change by BMR (basic metabolic rate). The BMR is the number of calories you would burn if you stayed in bed all day. The metabolic rate depends on age, sex and muscle mass. Younger people and men usually have a higher BMR, this is due to muscle mass and increased activity of cells. There are many ways to increase activity of cells. There are many ways to increase you BMR. They are as followed.

Use natural metabolism boosters:

- Consume more proteins. It takes longer to break up protein food for digestion therefore burning more calories.
- Increase your calcium intake. It increases you basal metabolism. It's always better to get your calcium from natural sources such as milk instead of taking supplements but get it any way you can.
- Eat a lot of fiber. Fiber is digested in the same way protein is. Eat your beans, fresh fruit, vegetables and whole grains. It takes more calories to digest an apple than the apple has in it so you would actually 'lose calories' eating apples.
- Drink green tea instead of black tea, it is known to increase your BMR.

Here are more tips for weight loss:

- Always count your calories and make your food portions small every time eat.
- Try and consume less alcohol. It actually lowers your metabolism and stimulates your appetite.
- Never under any circumstances skip breakfast. It can put your body into 'starvation mode'.
- Drink at least 8-10 glasses of water per day.
- Exercise, just start out walking at least 20 minutes three times a week and increase time and days as you feel stronger.
- Build muscle, 1 pound of fat burns 2 calories a day while 1 pound of muscle burns 50 calories a day.
- Lay off the sugar, read your labels. You would be amazed at how much sugar is in food these days.
- Consume negative calorie foods. These foods are like apples that require more calories to digest than are contained in the food.
- Try and not snack between meals, if you need to grab some fruit.
- Don't shop for groceries when you are hungry.
- Eat slow - it gives your brain time to realize it's getting nourishment.
- Experiment with natural ingredients while cooking.
- Make your biggest meal mid-day instead of at night, this will let you work off more calories before bedtime.
- Make a change from regular refined flour/sugar to whole meal/ whole grain products.
- Avoid fried foods, sauces, dressings and creams. Instead have baked, broiled or grilled foods.
- Use less butter, margarine, oils while cooking.
- When buying packaged fruit, buy tinned fruit because it is packed in its own juices rather than syrup.
- Use cottage cheese rather than hard cheese, herbs and spices versus oils and dressings.
- It's best not to drink soft drinks at all but if you have to, buy low calories ones or just switch to flavored water all together.
- Get a support group of family, friends or co-workers.
- Keep your food diary. Pay attention to what you eat (write it down ... everything!).
- The scales will not always reflect weight loss so measure by the way you clothes are fitting.
- Be positive and remember that you are only human your allowed to mess up from time to time. Get back on that horse quickly though!
- Eat in moderation, don't deny yourself all the goodies, have a bite or two but watch your portion sizes.
- Study proper portion sizes and use them.
- When eating out ask the waitress to put ½ of your food in a to-go container and the other ½ on your dining-in plate.
- Most important of all, pick the tips you feel most comfortable with and the ones you will continue to do the rest of your life to avoid the yo - yo effect.

There is a vast amount of information on the internet. Do your research, there is no shortage of weight loss tips. You can use reliable sources like www.webmd.com , www.weightlossforall.com or www.diabetes.org We urge you to do your own research so that you can make an informed decision to participate in our weight loss program.

There are 3 kinds of fat in our bodies:

- Abnormal secure reserve of fat – this is the fat located in the problem areas. For women it is mostly located in the buttocks, hips and thighs. For men it is the waist and upper chest.
- Normal fat reserves – this is a fat used to fuel and is needed for good health.
- Structural fat – this surrounds the organs and joints. This fat is extremely important as it protects the arteries, organs, keeps your skin smooth and it also provides cushioning under the bones and joints.

Note : Those patients who are not losing weight on this program are candidates for a more strict observation, follow up, laboratory analysis and additional medication for weight loss. There is a chance that they are not counting well and or not doing sufficient diet and exercise. Every step would and should be adjusted as needed.

HCG

We have compiled some information on HCG and weight loss from many different sources. HCG for weight loss is not FDA approved however, there have been many studies and a vast amount of wonderful results using HCG with a weight loss plan. You should be aware that just getting HCG injections do not make you lose weight. In order to get maximum results you must change your eating habits and exercise.

What is HCG? Generic name: human chorionic gonadotropin

Human chorionic gonadotropin (HCG) is a substance that supports normal development of an egg in a woman's ovary and stimulates the release of the egg during ovulation. HCG is used to cause ovulation and to treat infertility in women and to increase sperm count in men. HCG is also used in young boys when their testicles have not dropped into the scrotum normally. HCG may also be used for other purposes not listed.

Before using HCG you should NOT use this medication if you have :

- ever had an allergic reaction to HCG
- early puberty (also called precocious puberty)
- hormone related cancer such as prostate cancer.
- You are breast feeding
- You are pregnant (Tell your doctor if you become pregnant during treatment)

Before receiving HCG tell your doctor if you have:

- a thyroid or adrenal gland disorder
- an ovarian cyst, premature puberty
- had an allergic reaction to any drugs or medications or are allergic to any medications
- cancer or a tumor of the breast, ovary, uterus, prostate, hypothalamus or pituitary gland
- undiagnosed uterine bleeding
- heart disease
- kidney disease
- epilepsy
- migraines
- asthma

HCG side effects (Stop using HCG and get emergency medical help if you have any of these signs of an allergic reaction :

- Severe pelvic/stomach pain
- Swelling of the hands, legs or stomach
- Shortness of breath
- Weight gain
- Diarrhea
- Nausea or vomiting
- Urinating less than normal

At the dose we are giving (500 units) there should be no side effects. Side effects are most likely to occur with doses of 5,000 units or more.

What other drugs will affect HCG? There may be other drugs that can interact with HCG. Tell your doctor about all prescriptions and over the counter medications you use. This includes vitamins, herbal products and drugs prescribed by other doctors. Do not start using a new medication without telling your doctor. The theory behind HCG and weight loss

is that it aides in the release of the abnormal, secure fat reserves. The abnormal, secure fat reserves are released during pregnancy to ensure survival of the unborn fetus. It has been observed that pregnant women in "third world countries" give birth to full size / weight babies contrary to their low diet intake and extensive exercise. Researchers believe that it is the HCG that facilitates the use of the abnormal fat reserves.

Lipotropic injections with B-12 are available as an addition to the HCG injections and can be given 1 – 2 times a week. If you are allergic to Sulur you CAN NOT take this shot. Lipotropic definition: Promoting the physiological utilization of fat. Basically lipotropics are substances which can liquify or homogenize fats. Americans eat approximately 100 pounds of saturated fats per person per year – that's about 42 percent of our caloric intake of fat.

The main functions of Lipotropics :

- They increase the production of lecithin by the liver, this helps to solubilize cholesterol thus lessening cholesterol deposits in blood vessels and decreasing the chances of some gallstones formation. (most gallstones are made of cholesterol)
- They prevent the accumulation of fats in the liver. A fatty liver can cause sluggish liver functioning.
- They detoxify amines (byproducts of protein metabolism). This is important for people on high-protein diets.
- They increase resistance to disease. They bolster the thymus gland to carry out its anti-disease function by : stimulating the production of antibodies, stimulating the growth of phagocytes, which surround and gobble up invading viruses and microbes and they recognize and destroying foreign and abnormal tissue.

Some of the important functions of the individual Lipotropics are:

Choline – 25mg per ml. (ammonia compound: a soluble compound amine found in animal and plant tissue that is involved in fat transportation and the formation of acetylcholine). Choline metabolizes fats. A deficiency can lead to cirrhosis and fatty degeneration of the liver and hardening of the arties (arteriosclerosis and artherosclerosis). Choline is being used today for ailments such as gall bladder trouble, diabetes, muscular dystrophy, glaucoma, arteriosclerosis, senility, and memory problems such as forgetfulness. It detoxifies amines, which are byproducts of protein metabolism. The best source of choline is lecithin.

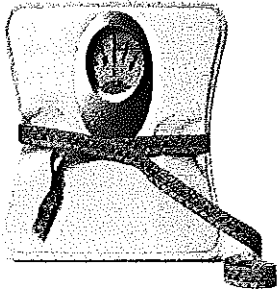
Inositol – 25 mg per ml. (plant and animal growth factor: a cyclic alcohol is a component of cell membranes and a precursor of various messenger molecules). Inositol deficiency can lead to hair loss. It works with Vitamin E to facilitate actions in the treatment of muscular dystrophy. It is also in nerve and muscle disorders as multiple sclerosis and cerebral palsy. Caffeine can cause depletion of inositol.

Methionine – 50 mg per ml. (amino acid: an essential amino acid that contains sulfur): Methionine works with choline to detoxify amines, which are the byproducts of protein metabolism. It acts as a catalyst for choline and inositol, opening up their functions. Along with chole, methionine aids in reducing liver fat and protects the kidneys.

Vitamin B-12 - 100 mcg per (Vitamin B12 is necessary for the formation of red blood cells and deoxyribonucleic acid (DNA), the genetic material found in all cells. It also is needed for the functioning of the nervous system. Vitamin B12 is also called cobalamin because it contains the metal cobalt. Vitamin B12 is bound to protein in food. During digestion hydrochloric acid in the stomach frees the vitamin, which combines with another substance so it can be absorbed by the intestines. Vitamin B12 deficiency generally results from a breakdown in this process, so that the body absorbs too little of this vitamin. People with stomach or intestinal disorders are at particular risk of developing B12 deficiency. Older adults, too often lose some ability to absorb the vitamin. Certain drugs also can interfere with the absorption of B12, particularly drugs that treat heartburn or acid reflux. Early signs of B12 deficiency include memory problems, confusion and other difficulties related to thought. Numbness and tingling in the arms and legs may follow. People who are unable to absorb vitamin B12 can develop pernicious anemia, a chronic condition in which the red blood cells are unable to deliver sufficient oxygen of body tissues. Pernicious anemia is treated by vitamin injections. Vitamin B12 is obtained only from animal sources, such as meat, fish, poultry, eggs, cheese and milk. Vegans can obtain B12 from soy milk, cereals and other products that have been fortified with the vitamin.

If you experience any of these severe side effects, seek medical attention IMMEDIATELY:

- Difficulty breathing
- Hives
- Itching
- Rash
- Tightness n the chest
- Swelling of the face, lips, mouth, throat or tounge



OCCUPATIONAL HEALTHCARE
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Initial visit \$45.00
 Includes the nurse visit
 With 1 shot and
 1 week prescription

Follow up visits \$20.00
 Include the nurse visit
 1 shot and 1 week prescription

Extra shots and / or
 Extra week prescription
 Are \$20.00
 (up to a 2 week prescription)

Injections we provide
 B-12,
 B- 12 WITH HCG,
 LIPOTROPICS or L- Cartinine

The prescription we give is for an
 appetite suppressant that you can
 have filled at your pharmacy of your
 choice.

Within your first 3 visits you will have
 to have blood work done which is
 \$65.00 - self pay.

That blood work consists of
 CBC, CMP & LIPIDS

We urge you to do your own research
 so you can make an informed decision
 about joining our Weight Loss
 Program.

Low-Calorie Vegetables Enter Number Of Servings	Vegetables Enter Number Of Servings	Starchy Vegetables Enter Number Of Servings	Beans Enter Number Of Servings	Low-Cal Fruits Enter Number Of Servings
Serving Size: 1/2 C Approximate Calories: 15	Serving Size: 1/2 C Approximate Calories: 25	Serving Size: 1/2 C Approximate Calories: 75	Serving Size: 1/2 C Cooked Approximate Calories: 115	Serving Size: Varies (see below) Approximate Calories: 40
Alfalfa Sprouts Cabbage Celery Eggplant Green Peppers Lettuce Mushrooms Radish Raw Spinach Summer Squash Turnip Zucchini	Asparagus Bamboo Shoots Broccoli Brussel Sprouts Carrots Cauliflower Cucumbers Green Beans Onions Okra Sauerkraut Tomato	Acorn Squash Beets Butternut Corn Parsnips Peas	Baked Beans Kidney Beans Lentils Lima Beans	Apple Small Berries 1/2C Cantaloupe 1/4 Cherries 1/3C Dried Fig 1 Grapes 1/2C Kiwi 1 Mandarin Orange 1/2 Peach 1 Medium Raisins 2T Strawberries 3/4C Watermelon 1C
High-Calorie Fruits Enter Number Of Servings	Low-Calorie Breads Enter Number Of Servings	Medium-Calorie Breads Enter Number Of Servings	High-Calorie Breads Enter Number Of Servings	Low-Calorie Fish Enter Number Of Servings
Serving Size: Varies (see below) Approximate Calories: 80	Serving Size: Varies (see below) Approximate Calories: 70	Serving Size: Varies (see below) Approximate Calories: 110	Serving Size: Varies (see below) Approximate Calories: 140	Serving Size: 4 oz. Fresh Cooked Approximate Calories: 110
Apple Medium Apple Juice 2/3C Applesauce 1/2C Banana Small Dried Figs 2 Grape Juice 1/2C Grapefruit Juice 1C Medium Pear Orange Juice 3/4C Pineapple 1C Pineapple Juice 2/3C	Cereal 3/4C Graham Crackers 2 Italian Bread 1 Slice Oyster Crackers 18 Popcorn (no butter) 3C Pumpkin 1 Slice Ritz Crackers 18 Saltines 6 Triscuit 3 Wheatworth 5 White Bread 1 Slice Whole Wheat 1 Slice	Bagel 1/2 Medium Biscuit 2" Corn Tostada 2 Combread 2"x 2" Sq. Croissant 1/2 French Fries 8 Hot-dog Roll Matzoh 1 Muffin Small Pancake 5" Pita 1/2 Waffle 5" White/Wheat Large Slice	Angel Food Cake 1 slice Bagel Small Barley 1C Burrito English Muffin Grits 1C Hamburger Roll Oatmeal 1C Pound Cake 1 slice Pasta 1C Rice 1C Sweet Potato 1/2C White Potato 1C	Catfish Cod Crab Dolphin (the fish) Grouper Haddock Lobster Perch Pike Pollock Saltwater Bass Scallops Shrimp Sole Trout
Lean Meats All Visible Fat Removed Enter Number Of Servings	Medium Fat Meats Enter Number Of Servings	High Fat Meats Enter Number Of Servings	Fats Enter Number Of Servings	
Serving Size: 3 oz. Cooked (unless noted) Approximate Calories: 165	Serving Size: 3 oz. Cooked (unless noted) Approximate Calories: 225	Serving Size: 3 oz. Cooked (unless noted) Approximate Calories: 300	Serving Size: Varies (see below) Approximate Calories: 45	
Atlantic Salmon (4oz.) Chuck Chicken Flank Steak Fowl Freshwater Bass (4oz.) Ham Lamb (except breast) Peanut Butter (2T) Pork Leg Pork Smoked Round Swordfish Sushi & Sashimi Canned Tuna In Water (4oz.) Veal (except breast)	Boiled Ham Canned Herring (4oz.) Fried Scallops (4oz.) Fried Shrimp (3.5oz.) Ground Beef (15% fat) Lake Trout Liver Mozzarella Pork Loin Pork Shoulder Ricotta	Club Steak Cold Cuts Corned Beef Duck Fried Chicken Ground Beef (20% Fat) Italian Sausage Lamb Breast Polish Sausage Rib Roast Smoked Sausage Spare Ribs Stew Meat Veal Breast	Almonds 10 Butter 1t Cream (Light) 2T Cream Cheese 1T Creamy Dressing 2t French Dressing 1T Italian Dressing 1T Margarine 1t Mayonnaise 1t Oil 1t Olives 5 Peanuts 10 Pecans 2	