



Weight Loss Guide First Visit

Weight loss can be a very complicated subject. You might have heard in the past that weight loss is all about calories. While calories do make a difference it's not that simple.

Weight loss is broken down into things you can control, and things you cannot control. Genetics is something you just can't control, and calories are something you can control.

This guide will prepare you for your first visit with our weight loss team and begin to explain what you need to know to successfully lose weight and keep it off for good.

A few things that should be mentioned up front. Weight loss is not about fad diets. Fad diets are designed to get you hyped up and convince you that the newest fad diet is going to allow you to easily lose weight. Fad diets are not healthy and whatever weight you do lose you simply gain back when you stop the diet. Serenity Healthcare Solutions does not advocate these fad or crash diets, they are not healthy.

So how do you successfully lose weight and keep it off for good? It's not easy but I will get you there!

Let's get started.



Step one

Before you do anything you need to download a caloric tracker. I like Myfitnesspal, but there are plenty of them out there. These allow you to easily track your caloric intake by scanning barcodes, creating recipes, and they contain an easy to search database of foods including restaurants.

Before you do anything else download this app to your phone and diligently track your caloric intake for 1 week. Don't lie to the app! If you are eating a chicken breast and it asks you how much it weighs BE HONEST. (Buy a cheap kitchen scale if you are unsure) Don't miss a single thing you put in your mouth. If you lie about how much you eat we can not identify if this is an issue, and we cannot provide good dietary guidance.

What we are looking for isn't just total calories. Myfitnesspal will break down the fats, carbs, and protein intake based on what you eat. This will be important to assess any dietary issues that need to be addressed during coaching.

Step 2 Hormones and Lab Work

Hormones can make a HUGE difference in your ability to lose weight. We will perform a basic set of lab work to check general health plus hormones including Testosterone, Progesterone, Estradiol, Homocysteine, and DHEA sulfate. Most importantly, we will check you body's response to glucose and insulin resistance.

Preparing for the lab work. This lab work MUST be fasting. You can have some water or black coffee the morning of labs but NOTHING else or we will not be able to get a good set of labs.

We will draw blood, give you a measured dose of glucose, and then draw blood again in one hour to measure the body's response to that glucose.

Step 3 Regardless of which plan you choose, or even if you do not subscribe to a diet plan...

No matter what, YOU NEED VITAMINS. Certain vitamins drive metabolism and very few people take the right vitamins. We have you covered. Which vitamins you get will depend on what program we think is best for you, or which one you ultimately decide to pick for yourself. At a minimum you should be taking a B-complex, inositol, and Carnitine (all available in our once daily Mitocore product. Our vitamins come in capsule form, sublingual spray, and injection. Injections are far superior to the other forms. If you do nothing else, Get Mitocore and throw away all of your other multi-vitamins. Mitocore is better period! AND it's cheaper than those crap multi-vitamins you buy from chain pharmacies.

Fasting

Fasting is a critical part of weight loss! You may have heard don't eat anything after 8:00pm. This isn't because you don't digest your food at night. In fact it is the opposite. You do all of your digestion while you rest and sleep. You need to give your body TIME to digest and process what you have eaten. You should fast for 16 hours! Do not eat anything after 8pm and do not eat again until noon the next day. SKIP breakfast! Eat lunch and dinner and the fast starts again.

You can drink coffee in the morning with milk or cream, but NO sugar. This will break your fast. Artificial sweetener is ok, but they introduce other problems with insulin resistance and impair the body's ability to process sugars. The body is literally confused when it comes to artificial sweeteners and doesn't know what to do so it goes into shut down mode. Natural sweeteners such as stevia or Erythritol are ok.

Good luck in your first week of your new life. When you follow up we will have a plan specifically tailored to your metabolic needs.

We invite you to join our **discord server** where you can communicate with others on their weight loss journey. Share experiences, or ask questions. This is not a requirement but always a good idea. Discord is not a HIPPA compliant platform so we will never disclose any of your protected health information, but it IS a place where just the Serenity Health weight loss group can gather to help one another out, and we will always be there for you as well.

Pricing

We want to be up front about the costs of our diet plans and will share some of the pricing. There is no obligation to continue in our weight loss program, you can stop at any time. There are no contracts, no minimums, nothing is hidden.

Initial visit includes the cost of weight loss Labs - \$350 (*please note, insurance companies DO NOT cover weight loss and DO NOT care that these labs may actually be the reason for your health problems. Therefore we will not lie to the insurance company and try to bill these labs or your weight loss visits to your insurance company. Please do not ask. We are not making a single penny on these labs, we are giving them to you at our cost.*)

Basic weight loss club membership is \$50 a month. This allows you to join the discord server, come in to the practice for weigh ins whenever you want, includes an **optional** weekly accountability visit with a coach, and includes one monthly visit with a practitioner for coaching and medication review.

Medications Available (Prices may change based on availability)

Mitocore - \$30-60 a month (all of your nutritional and mineral needs)

Adren-all - \$15-30 a month (restores adrenal and cortisol function)

Lipo-G injection - \$80 monthly (this is included in some packages)

Lipo-Mino injection - \$100 monthly (Lipo-G plus B-complex and Tri-Amino *included in some packages)

Ozempic (semaglutide) is sold by the dose and ranges from 2.5mg **weekly** down to 0.5mg weekly. We advise you start at 1mg and work your way up until you find the right dose for you.

0.5mg - \$25 (considered Maintenance dose)

1.0mg - \$40

1.5mg - \$60

2.0 mg - \$80

2.5 mg - \$100

Lipo-burn capsules (multiple natural and pharmaceutical compounds available)

\$50 monthly for any compounded Lipo-burn medication

Low Dose Naltrexone - \$40 monthly

Comprehensive Kit (Includes one month of Low dose Naltrexone, Sermorelin, Lipo-Mino, **AND** includes your \$50 per month membership fee) **\$300 monthly**

FAQ (Frequently asked questions)**What kind of diet will you be recommending?**

We have adopted The Mediterranean diet as a base and modified it for weight loss. You can read about the Mediterranean diet at

https://en.wikipedia.org/wiki/Mediterranean_diet

The Mediterranean diet is balanced and includes good fats and vegetables. Our modification to the diet is meant to eliminate unneeded carbohydrates. While we **do not** support The Keto Diet, Atkins diet, Paleo Diet, and other ketogenic diets, ketogenesis is a modification we have made to The Mediterranean diet by reteaching the body how to enter and exit ketosis as needed. This is one of the secrets of our diet and we will be providing information during your coaching sessions.

In summary, Ketogenic diets force your body into “ketosis” where the body burns fat for energy by starving the body of carbohydrates. This is not what the human body was meant to do. The readily available and cheapness of carbohydrates means the human body has gotten used to having an endless supply of sugar to run on and the body “forgets” how to burn fat for energy. When it forgets, it simply stores all of these excess sugars as fat. While you can lose weight using a ketogenic diet, it takes 2-3 days for the body to enter ketosis and you get “the keto flu” for those 2-3 days. A ketogenic diet is NOT sustainable for the rest of your life and this is why people gain all of their weight back after stopping a ketogenic diet.

The purpose of our weight loss program is to teach you how to eat a LIFETIME sustainable diet meaning you will keep the weight off for the rest of your life. Our diet retrains the body to be able to enter and exit ketosis on demand. It doesn't take 2-3 days to get into ketosis to burn fat, and

there is no Keto flu associated with our diet. Think about a marathon runner that carb loads before running a 26 mile marathon. They are giving themselves readily usable carbohydrates to burn for energy, but no one can eat 26 miles worth of calories before a marathon. The marathon runner's body knows how to use those carbohydrates then immediately switch over to burning fat for the duration of the marathon. **It is possible for the body to do this**, our bodies have simply forgotten how to do it. **Are you just prescribing Adipex and telling me to eat a keto diet?**

NO NO NO. This is what our "rapid weight loss" competition does and they charge you a fortune to prescribe Adipex and hand you a print out telling you to eat 500 calories a day with less than 30 carbs of intake. This is NOT sustainable, you are miserable while on the diet, and Adipex is habit forming and quits working after 6 months.

Do you recommend using meal replacements?

Yes I do, but they are not necessary to achieve your weight loss goals. Meal replacements are meant to be convenient when your choices of food are limited and not aligned with your healthy eating goals. Eating fast food is NOT healthy so if you can find a healthy meal alternative then it will help you stay on your diet.

I personally eat a Huel "Hot and Tasty" meal every day for lunch. This is NOT a weight loss food or a "meal replacement," it is a fully balanced **meal** that is very convenient while at work. Huel also sells powdered "shake" mix that honestly doesn't taste too good. If you buy Huel's pre-made "shakes" they taste great though.

Huel also makes snack bars but avoid the high protein low carb bars. Remember our diet doesn't force you to avoid carbohydrates. The low carb (black packaging) bars taste like pressed cardboard. The regular (white packaging) bars actually taste pretty good. Again they are NOT diet bars, Huel is more interested in providing complete nutrition in an easy to use format.

<https://huel.mention-me.com/m/ol/cp7hk-e76031b389> to get a discount on your first order. Or just type my name George Harrison in the referred by while ordering to get your discount. (Please note this is not a pyramid scheme, I do not make any money from Huel, I am not sponsored

by Huel etc.. It just gets you a discount and if you happen to refer someone it will get you another discount).

**Huel is vegan, but that is not why we use it and you do not have to become vegan for our diet to work.

Kachava is another meal replacement I like, but I do not personally use it often. Kachava is expensive and is designed to give you all of the vitamins and minerals needed that people are lacking. This is why Kachava is so expensive, and we are providing you with those vitamins. If you decide to use Kachava, you do not need to purchase and use the Mitocore product that we sell.

Pure Protein, Atkins and other commercially available meal replacements - While they are OK, we do not really recommend you use them. They are Whey milk protein based and can cause a lot of bloating and gas. If they work for you then sure, but our diet is designed so that you do not have to use liquid and shake based meal replacements.

How fast will I lose weight?

We plan on you losing about 2-3 pounds per week. A steady rate is more important than how fast you lose it. It helps your body get used to the amount of food you are eating and helps you establish a new pattern of eating that you will be able to maintain for a lifetime.