



Medical Weight Loss In Savannah, GA

Our Approach to Medical Weight Loss

Through our physician-supervised medical weight loss program in Savannah, GA, we can help you reduce chronic conditions that are associated with weight gain and obesity. These conditions include high blood pressure, hypertension, cardiovascular disease, Type 2 diabetes, sleep apnea, and more. Many times, patients who are successful in losing weight and maintaining a healthy weight are able to come off certain medications. We take a holistic perspective of weight loss and will help you get healthy in all aspects of your life.

Our medical weight loss program starts with a comprehensive nutritional and physical assessment, which enables us to design a diet for you that provides the right combination of carbohydrates, protein, fiber, fat, and essential vitamins and minerals that your body needs for optimal weight loss success. Most important, our customized weight loss solutions help you maintain normal blood sugar levels, which help to stimulating certain fat burning hormones for optimal fat loss.

What's more, your medical weight loss plan is designed specifically for you. Because each patient is unique, you require a plan that takes into account your goals, lifestyle, current health condition, body makeup, metabolism, and more. Armed with this information, we devise a unique nutritional formula for your healthy and effective weight loss.

What to Expect With Your Medical Weight Loss Program

During your initial consultation, you will be screened to determine your health, lifestyle, medication, and weight concerns. This information guides us in determining the best overall approach to a successful medical weight loss program. We focus not only on

helping you achieve your targeted goal weight, but also helping you keep once your goal is met.

Our goal is to help you see results quickly, while maintaining high levels of energy without the hunger pains that are normally associated with weight loss programs. Our focus is to keep your blood sugar balanced, fuel your body with the proper nutrients, suppress your appetite, and help you lose body fat rather than muscle – which helps naturally increase your metabolism.

Throughout your medical weight loss program, we will educate you and your family on nutritional issues, such as the types of food combinations that can accelerate your metabolism, which is one of the secrets to effective weight loss. We will also work with you to implement positive mental and behavioral changes, which are important to maintaining your desired weight once your goal is reached.

As you lose weight and move toward your goal, you will find that the positive results reach into all facets of your life. Patients often report that as they lose weight, they see improvements in their energy, self-esteem, sleep patterns, mood, stress levels, and overall quality of life.

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And perhaps best of all, your medical weight loss program is available close to home in Savannah, GA.

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