

Jump-Start the **New You**

What you can expect with a medical weight-loss program.

By Diane Gray, R.N., Primera Slim Spa

Spring is officially here and there is no better time to begin your weight-loss transformation. With so many weight-loss programs, diets and fitness plans out there, it can be confusing and hard to make the right choice about what will work best for you. However, an effective medical weight-loss program will safely deliver measurable results starting in five to seven days.

Medical weight-loss programs are a great solution to help you jump-start and maintain your new, healthier lifestyle. When choosing a medically supervised weight-loss program, you need to incorporate healthy lifestyle changes for long-term effects and optimal overall health. There is just no way around it.

My advice is to seek a medically supervised, FDA-qualified weight-loss program located in a serene setting. Your success hinges on finding a custom-designed, healthy lifestyle plan based on your unique weight-loss goals, body type and internal chemistry. Everyone's body is different, which is why I support an individualized path to healthy living and measured weight loss.

The current trend in weight-loss circles is "power injections." Utilizing a formula that consists of FDA-approved natural ingredients, the injections are intended to assist in the breakdown of fats in the body, preventing fat build-up in the arteries and detoxifying the liver by extracting heavy metals. They also boost your body's natural metabolism and your energy level.

A quality medical weight-loss program will include a combination of customized nutritional and fitness plans, individualized medications and supplements, and one-on-one counseling and support. Prior to enrolling, be sure your program offers a comprehensive blood panel, EKG and body composition analysis.

"Medical weight-loss programs really

work. We've seen incredible results, with patients averaging 5-7 pound weight loss in just the first week. [Medical weight loss] is also helpful for our patients to see better results with liposuction and facial surgery," says Dr. Edward J. Gross, M.D. **L**



Primera Slim Spa is medically supervised by Orlando's premier board-certified physician. With a passion for facial plastic surgery, Dr. Gross feels it's important to look good and be healthy. **Edward J. Gross, M.D.** has achieved his certification in bariatrics and medicine and believes that beauty radiates "from the inside out."

