

# Appendix A

## *Physician Information*

Your patient has made the fundamental choice to create health in his or her life by taking part in a comprehensive health-modification program, the first step of which is reaching a healthy weight.

I've asked them to share this information with you to ensure that they have the proper medical supervision as they undergo this transformation to optimal health. The following is a brief description of the program and some suggested medical support.

- **Phase I: Weight Loss**

- ✓ Calorie reduction
- ✓ Dietary focus on low-glycemic carbohydrates, healthy fats, and proteins
- ✓ q. 3-hour portion control using medically formulated, low-calorie portion-controlled meal replacements (PCMRs)
- ✓ Instruction in healthy eating system
- ✓ Increased daily movement

- **Phase II: Lifestyle Change**

- ✓ Healthy eating for life
- ✓ Increased exercise through daily walking plan and resistance training
- ✓ Improved sleeping patterns
- ✓ Support through personal coach, online tracking, and/or bionetwork health community
- ✓ Ongoing instruction through Habits of Health book and workbook
- ✓ Behavioral changes through focus on motivation and choices to support health

- **Phase III: Creating a Microenvironment of Health**

- ✓ Removal of inflammatory stimulators (i.e., water, air, and home toxins)
- ✓ Stress reduction
- ✓ Enhancement of healthy nutrients

Your patient will be eating a reduced amount of energy-dense, low-glycemic food and will lose on average 2–5 pounds per week. As a result, their blood sugar, cholesterol, triglycerides, blood pressure, and hs-CRP will decrease significantly. Diabetics should lower their hypoglycemic medications and increase blood sugar monitoring as they begin this new eating pattern to avoid hypoglycemia.

### Suggested Diagnostics

In addition to routine blood chemistry, suggested labs include lipid profile for a baseline, hs-CRP, and EKG. A cardiovascular assessment is suggested in high-risk individuals especially if they have considerable weight to lose or have been inactive.

### Significant Disease Caution

The presence of significant medical conditions and certain medications may contraindicate the use of this program. Because of the calorie restriction and speed of weight loss involved, the program is not recommended for patients with the following conditions: heart attack within the past three months; recent or recurrent strokes or mini-strokes; unstable angina; severe liver or kidney disease; clotting disorders; active cancers; eating disorders; severe psychiatric disturbances; current use of steroids over 20 mg/day; current use of lithium; or type 1 diabetes.

*For more information on our program, go to [www.habitsofhealth.net](http://www.habitsofhealth.net) or contact a health coach.*