

RETHINKING HOW WE DIET

# MEDICAL TIMES TODAY

JUNE 2022

## Huge Weight-Loss Breakthrough

pg 25

## Why Traditional Diets Don't Work

pg 15

## Top 10 Healthy Foods to Eat Now

pg 17

## The Truth About Type 2 Diabetes

pg 34

## Meditation for Body and Soul

pg 63



# A Weight-Loss Breakthrough That Finally Works

## FDA Approves New Obesity Drug



**You've tried every diet imaginable to lose weight...but nothing works for the long haul. Don't despair. There is new medication that's proving to be a true game-changer in the weight-loss industry. The FDA-approved, doctor-prescribed medicine is individually blended for every patient and works naturally with your body to help the pounds melt away!**

Maintaining a healthy weight is imperative for good health and vitality. It lowers your risk for many diseases, cancers, diabetes, stroke, heart disease and much more. Plus, obesity is a major risk factor for serious symptoms, hospitalization and death from COVID-19. Blake Nations, who has worked with physicians for 32-years and is CEO of Riley Medical and its Doctor's Medical Weight Loss Clinic, says, "Losing weight is not only good for your physical health, it also boosts mental health, invigorates spiritual well-being and gets you back to activities you may not have been able to enjoy for years."

Riley Medical, LLC, headquartered in Tallahassee, Florida, is now offering at their Doctor's Medical Weight Loss Clinic office in tiny Chipley, Florida, what's been referred to by *The New York Times* as "the Holy Grail" of weight-loss medications. "We've seen absolutely astounding results with over 95% of individuals who've started the once-a-week medicine," Nations says.

### How the Medication Works

The clinically and scientifically proven medication works with your body naturally to create the feeling of being full (satiated) by targeting the brain to reduce your appetite, decrease caloric consumption and slow stomach emptying. Your weight also hovers around a "set point" which is the number you usually see on the scale when you weigh yourself. The medication creates a lower set point after you lose your weight goal amount.

Though you don't need to start an exercise program or eat differently to lose the weight, Nations adds, "Everyone can benefit from staying fit by moving and eating a well-balanced diet."

*Conventional weight-loss programs, starvation diets and painful gastric bypass surgery typically don't work for permanent weight loss.*

## Why the Old Way to Lose Weight Just Doesn't Work

"In the past and even now, doctors were relegated to prescribe amphetamine-driven drugs with a hit of B12 to overweight patients," Blake explained. "They amp up your system and make you jittery. Of course people lost weight – they were on legalized speed! But they were always hungry and the tragic thing is, once you stop the medication, all the weight piled back on with a vengeance." Blake says doctors also had a major concern for the risks of cardiac implications of the amphetamines. The resting heart rates dangerously skyrocketed.

The Riley Medical team has studied all kinds of diets, from intermittent fasting, to the Okinawan, Paleo, Keto and many others. Their doctors say you need to reduce your carbohydrate intake, which causes a lot of weight gain, and stabilize your protein intake. Their new medication stands out because the patient takes it and they don't feel hunger. It modifies your eating habits and lifestyle. Some of the patients at Doctor's Medical Weight Loss Clinic's test office in Chipley, Florida, a tiny Panhandle community, have lost more weight on this medication than when they had gastric bypass surgery. Patients often see immediate results with the first dose.

*The #1 thing that causes people to fall off the diet wagon is hunger.*

## New Studies Show Great Promise

Clinical trials run by the U.S. Food & Drug Administration reported patients on this new drug lost an average 15% of their body weight, with longer-term results yielding a weight loss of 30%. The prestigious *New England Journal of Medicine* and university obesity researchers reported a profound 20% of body weight loss.

The exciting results have also been touted on *CBS This Morning*, *Dr. Oz* and *The Doctors*.

Dr. Oz says, "This drug is giving millions of Americans hope." He interviewed Dr. Robert Kushner, Obesity Researcher, Northwestern University, Feinberg School of Medicine, who reported that after six to eight weeks on the drug, patients had a 15% decrease in body weight with an average loss of 33 pounds – the weight of a cinder block. Additionally, a third of the patients in the study lost 20% of their body weight with an average of 46 pounds lost.

The drug isn't for everyone, especially those looking to lose five or ten pounds. This according to board-certified Gastroenterologist, Su Sachar, MD., when interviewed on *The Doctors*. Dr. Sachar adds that the FDA has approved it for

anyone obese or overweight as a long-term treatment.

## A Weight Loss Success Story

One of the most profound results among the Chipley clinic's patients was a young, single mother who was really struggling with her weight. She came into Doctor's Medical Weight Loss Clinic weighing 415 pounds. She had gained weight from all the stresses of life and childbirth. The woman came in looking disheveled, she wasn't making eye contact, her self-esteem was low and she was facing knee surgery. Within the first month she lost a dramatic amount of weight and was able to buy clothes in a regular store. As the monthly visits progressed, the staff saw her self-esteem blossom. She also cancelled the knee surgery. The weight loss changed the trajectory of her life for the better.

## The Doctor as Patient

One of the doctor's at the Chipley clinic believes in this medication so much, he takes it himself and successfully lost a lot of weight. As a physician, he was initially skeptical before learning about the drug. But, a gentle nudge about his weight gain from a medical partner and friend set him along a path to lose over 40 pounds on the drug. The friend was slim and

trim – now – but showed the doctor a photo of himself being morbidly obese before the medication. That’s all it took. The doctor went from an abject skeptic to a resolute advocate.

## Clinics and People with a Mission

Doctor’s Medical Weight Loss Clinic is now partnering with local entrepreneurs to open clinics across the country and bring access to this revolutionary, life-changing treatment plan to people everywhere. Each clinic is staffed with a trained, state-licensed physician and a team dedicated to helping men and women to lose weight. Doctor’s Medical Weight Loss Clinic empowers people to get their lives back and enhances physical and emotional well-being to live a longer, happier and healthier life.



### **Blake Nations, CEO, Riley Medical, LLC**

*No newcomer to the medical field, Blake has over 32 years of experience as a physician placement specialist with a long-standing reputation in clinic management and business development in the specialty medical clinic field.*



# The Heavy Cost of Being Overweight

- Nearly 70% of the U.S. population is considered overweight, with an astounding 1 in 3 being obese.
- Researchers predict that by 2030, nearly half of American adults will be obese if the current trend continues.\*
- Obesity is a major health issue that results in many diseases, an increased risk of certain cancers, coronary artery disease, Type 2 diabetes, stroke, cardiovascular disease, osteoarthritis, sleep apnea and substantial increases in early mortality and economic costs.
- Obesity increases the risk of developing severe symptoms of COVID-19. People may require treatment in intensive care units or even mechanical assistance to breathe.\*\*

\* Dr. Donald Hensrud, Director of the Mayo Clinic Healthy Living Program

\*\* MayoClinic.org