

IN SHAPE WEIGHT LOSS CLINIC LLC.

**WELCOME!
CONGRATULATIONS ON.
THE BEGINNING OF.....
“A NEW YOU”**

**WE ARE HERE AND READY TO HELP YOU ON YOUR ROAD TO A HAPPIER,
HEALTHIER YOU. WE WILL PROVIDE ALL THE GUIDENCE AND SUPPORT YOU
NEED IN ORDER TO MAKE THIS PROGRAM SUCCESSFUL FOR YOU.**

**ALL NEW CLIENTS MUST BE EXAMINED BY A PHYSICIAN OR NURSE PRACTITIONER PRIOR TO
BEGINNING ANY WEIGHT LOSS PROGRAM WITH PHENTERMINE....**

OUR PROGRAM FEE INCLUDES:

- * 4 WEEKLY WEIGH-INS WITH BLOOD PRESSURE & HEART RATE MONITORING.**
- * WEEKLY DISTRIBUTION OF B-12 AND MULTI- VITAMINS.**
- * NURSE PRACTITIONORS VISIT.**
- *PRESCRIPTION MEDICATION AND DIETARY COUNSELING.**

LET US KNOW WHAT WE CAN DO TO ASSIST YOU!!

***THANK YOU AND “HAPPY DIETING”
FROM YOUR FRIENDS AT INSHAPE!!!***

WATER, WATER, WATER!!!

How Much Water Is Enough?

Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off. Although most of us take it for granted, water may be the only true “magic potion” for permanent weight loss.

*** On the average, a person should drink one-half their body weight in ounces of water daily: for example a person weighing 180 pounds would need 90 ounces of water daily; $180/2=90$. However, the amount of water should be increased if , * you exercise briskly or *the weather is hot and dry. Some evidence suggests that drinking cold water can actually burn calories.**

*** Water suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits. The kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped onto the liver. One of the liver's primary functions is to metabolize stored fat into usable energy for the body. But, if the liver has to do some of the kidney's work, it can't operate at full throttle. As a result, it metabolizes less fat, more fat remains stored in the body and weight loss stops.**

Adequate Water Intake :

- * helps to rid the body of excess sodium intake.**
 - * helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration.**
 - * helps to prevent the sagging skin that usually follows weight loss--shrinking cells are nourished by water, which plumps the skin and leaves it clear, healthy, and resilient.**
 - * helps relieve constipation.**
 - * helps to maintain the perfect balance that your body needs to remain Healthy and Thirst free.**
 - * Last but not least, water is and will always be the “MAGIC POTION” For Permanent Weight Loss!**
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VITAMIN B-12:

Why do you need it?

- * Vitamin B-12 is necessary for normal metabolism of the nerve tissue.
- * B-12 is also involved in protein, fat, and carbohydrate metabolism.

Facts of B-12 Vitamin:

- * Provides "RELIEF" for fatigue, increased nervousness, irritability, mild impairment in
Memory, and inability to concentrate.
- * It also helps to relieve mild symptoms of mental depression, insomnia, and lack of
balance.

B-12 may also be beneficial for the following ailments:

- * Asthma * Angina * Anemia * Arteriosclerosis * Allergies * Arthritis *
Bursitis *
- * Diabetes * Gastritis * Hepatitis * Insomnia * Hypoglycemia *
Osteoporosis *
- * Shingles * Ulcers * Overweight * Obesity *

Diet Supplements:

- * Great source of protein.
- * Each pack may burn up to 450 calories.
- * Each pack contains "Gelatin" which is good for strong bones and healthy joints.
- * Doesn't have the typical "Diet Taste".
- * You may have up to 4 supplements daily in addition to your meals.
- * Can help you reach your weight loss goals quicker and easier.
- * Easy preparation - Just add Water.
- * Great for a quick, healthy snack!

Chromium Picolinate:

- * Chromium Picolinate aids in weight loss by increasing the metabolic rate. It also speeds up the metabolism of a special type of fat called "brown fat" and appears to suppress appetite, especially sugar cravings.
- * Scientific and technical journals show that daily supplementation with atleast 200 mcg of Chromium Picolinate can:
 - * Reduce body fat.
 - * Retain and build lean muscle.
 - * Lower elevated blood sugar in diabetics.
 - * Acts as a natural anti-depressant.
 - * Reduce elevated cholesterol.
 - * Extend the life span of laboratory animals.
 - * Suppresses appetite.
 - * Increases metabolic rate.

Dosage: Take 1-2 capsules twice daily. The recommended daily allowance is 800 mcg.

60 Capsules for \$9.99 + tax
120 Capsules for \$18.00 + tax

Quick Trim Gold:

- * Quick Trim Gold is a proven combination of herbal and fruit extracts designed to decrease appetite, enhance weight loss, and increase energy levels when used in combination with your diet program.
- * Quick Trim Gold will naturally decrease your appetite without the use of drugs or chemicals. The proprietary herbal blend controls cravings, which means you eat less and readily follow dietary guidelines. This makes weight loss easier, quicker, and more pronounced.
- * Quick trim gold contains citrus aurantium from the Chinese herb ZHISHI. This powerful herb contains five amines which stimulate thermogenesis and arrest your appetite without dangerous side effects. Quick trim gold is an all natural solution. Whether you want to loose 10 pounds or more, Quick Trim Gold is the solution. Increased thermogenesis means your body will function more efficiently during the weight loss process. The all natural herbal blend also provides potent herbs to increase your energy level and enhance weight loss.

Dosage: Take 1-2 capsules up to 3 times a day. Maximum dosage is 6 capsules daily.

30 Capsules \$9.90 + tax
60 Capsules \$19.80 + tax
Bottle (150 Capsule) 49.95 + tax

Colon Clenz:

Colon Clenz is a gentle natural laxative that provides dependable relief of constipation. Designed to work overnight, Colon Clenz relieves occasional irregularity and promotes a clean internal environment.

Dosage:

Take one capsule 1-2 times daily to help with regularity.

30 count \$8.00
60 count \$12.50
120 count \$24.95
All prices plus tax

EFA's (Essential Fatty Acids)

EFA's are used as a dietary supplement, particularly for adults on low calorie diets. It aids in meeting your daily essential fatty acid needs.

Benefits:

- * Boosts metabolism
- * Dietary supplement
- * Lubricates bones and joints
- * Makes hair fuller and healthier
- * Makes nails healthier and grow faster
- * Helps treat and prevent dry skin
- * Helps treat and prevent constipation
- * Provides essential fatty acids

Dosage:

Take 1 or 2 capsules 1 - 3 times per day.

1 month supply (120 pills) \$15.95 + tax

Super Ditex:

Super Ditex is a fiber pill that helps to suppress your appetite. It contains 3mg of benzocaine which helps to suppress your appetite by numbing your stomach and making you feel fuller. Super Ditex also aids in regularity, acting as a mild laxative. It also is helpful in the management of irritable bowel syndrome.

Dosage: Take 1 to 2 capsules 30 minutes before a meal. Super Ditex may be taken up to 3 times per day. When taking super Ditex, consume at least 16-20 ounces of water to ensure the medication fully reaches the stomach. This will allow the pill to expand properly, giving the feeling of fullness.

30 capsules \$8.40 + tax
60 capsules \$16.80 + tax
1 month supply (90 pills) \$24.95 + tax

Mega Ditex:

Mega Ditex is similar to Super Ditex but also contains 200mcg of Chromium Picolinate.

Mega Ditex helps suppress appetite and also has the added benefits of Chromium Picolinate such as curbing cravings and getting rid of "brown fats" stored in the body.

Dosage: Take 1 capsule 1-3 times daily, 30 minutes before meals. It is important to drink 16 - 20 oz of water to ensure the medication reaches the stomach and fully expands. Not drinking enough water could result in the medication becoming lodged in the throat causing choking or suffocation.

30 capsules \$8.40 + tax
60 capsules \$16.80 + tax
1 month supply (90 pills) \$24.95 + tax

34 REASONS TO DRINK GOJI JUICE EVERY DAY

***According to the nations leading nutritionist, Dr. Earl Mindell, here are the top 34 scientifically validated reasons to drink GOJI juice every single day.**

- 1. Extend your life**
- 2. Increase your energy and strength**
- 3. Look and feel younger**
- 4. Lower your blood pressure**
- 5. Prevent cancer**
- 6. Maintain healthy cholesterol levels**
- 7. Balance blood sugar and manage diabetes**
- 8. Enhance libido and sexual function**
- 9. Lose weight**
- 10. Relieve headaches and dizziness**
- 11. Get better sleep**
- 12. Improve your vision**
- 13. Strengthen your vision**
- 14. Inhibit lipid peroxidation**
- 15. Resist disease**
- 16. Improve immune response**
- 17. Manage and fight cancer**
- 18. Protect your precious DNA**
- 19. Inhibit tumor growth**
- 20. Reduce the toxic effects of chemotherapy and radiation**
- 21. Build strong blood**
- 22. Help chronic dry cough**
- 23. Fight inflammation and arthritis**
- 24. Improve your lymphocyte counts**
- 25. Treat menopausal symptoms**
- 26. Prevent morning sickness**
- 27. Improve fertility**
- 28. Strengthen your muscles and bones**
- 29. Support kidney health**
- 30. Improve your memory**
- 31. Support your liver**
- 32. Alleviate anxiety and stress**
- 33. Brighten your spirit**
- 34. Improve digestion**

Lipo Injection with Lidocaine:

Patient Information

- * This injection is used to keep "cholesterol" more soluble, prevent buildup of fats in the liver, metabolize fats and cholesterol, aid in transporting the fat in the blood stream, and to reduce fat.
- * This injection increases energy and boosts the immune system
- * This injection is made to enhance weight loss when combined with diet and exercise programs.
- * This injection contains:

Choline: Metabolizes fats. Deficiency can lead to cirrhosis, fatty degeneration of the liver, and hardening of the arteries. The best source of choline is lecithin.

Inositol: Works with vitamin E to preserve muscle and nerve function in many conditions. Deficiency can lead to hair loss. Caffeine can deplete inositol.

Methionine: Detoxifies amines, aids in decreasing liver fat along with choline.

B-Vitamins: Increases energy.

Ascorbic Acid (Vitamin C): Boosts immune system.

Lidocaine: Lessens injection site pain.

Possible Side Effects:

- * Dry Mouth
- * Sleeplessness
- * Injection site pain

Drug interactions: Tell your doctor if you begin any new medications or discontinue current medications. Inform your doctor of all over the counter vitamins, dietary, and / or herbal supplements you use. Inform your doctor of any other over the counter medications you use such as: pain medication, allergy medication, or antacids.

1 Injection \$20.00
4 Injections \$60.00

Non Prescription Information
Patient Copy
Please address any questions to the clinic staff.

Vitamin B12 Pill or Injection: Is necessary for normal metabolism of nerve tissue and is involved in protein, fat, and carbohydrate metabolism. Is administered once weekly by injection or in pill form sublingually.

Chromium Picolinate: Used to assist in weight loss by increasing natural metabolism, reduce salt and sugar cravings, build lean muscle, reduce body fat, lower cholesterol levels, and blood sugar levels in diabetics.

Super Ditec: A fiber pill containing 3mg of benzocaine which helps to suppress your appetite by numbing your stomach and making you feel fuller. Also aids in regularity.

Mega Ditec: Methylcellulose fiber taken with fluids before eating helps create a "full" feeling and may have a mild laxative action. Also contains chromium.

Colon Clean: A natural laxative that provides dependable relief of constipation.

Carb Reduce with Phaseolamin: Reduces the amount of carbohydrates absorbed by the body.

EFA's: Helps to boost metabolism, lubricates bones and joints, beneficial for healthy hair and nails, helps treat and prevent dry skin, constipation, and provides essential fatty acids.

Quick Trim Gold: Is a proven combination of herbal and fruit extracts designed to decrease appetite, enhance weight loss, and increase energy levels when used in combination with your diet program.

L-Carnitine: A dietary supplement used to transport fatty acids and boost cellular energy.

Hoodia: (Patch or Sublingual spray) Hoodia is a leafless, spiky, succulent plant that grows wild in the Kalahari Desert of South Africa. Hoodia is well known for its appetite suppressing and mood enhancing properties. The patch also includes green tea and chromium.

Lipo Injection with Lidocaine: Used to help metabolize fats and cholesterol, increases energy, and boosts the immune system. When used in combination with diet and exercise, it also increases weight loss.

Energy: Is a natural dietary supplement used to increase energy.

Goji Juice: Derived from Goji berries found to grow wild in the Himalaya's and is said to improve overall health.

MultiVitamins: A dietary supplement used to increase metabolism, replace deficient vitamins and minerals, and improve over all health.

Phentermine Consent Form

Client Copy

Phentermine is an appetite suppressant that has been taken safely by millions of people, but as with any medication there is the possibility of side effects and adverse reactions. Dry mouth, nervousness, and difficulty sleeping are the most common side effects experienced in the first few days of taking Phentermine. It takes your body approximately 4-7 days to adjust to the medication. Usually any nervousness or sleeplessness will resolve by the first week. Some clients find it helpful to take a dose of Benadryl at bedtime for a few days to assist in falling asleep.

Other less common side effects: mental disturbances, palpitations (fluttering of the heart rate), abnormal heart rhythm, increased blood pressure, chest pains, shortness of breath, swelling in feet and ankles, exercise intolerance, dizziness, upset stomach, constipation, itching, skin rash, sexual problems, and difficulty passing urine. Phentermine comes with the Rare potential to cause pulmonary hypertension and heart valve damage. The risk of pulmonary hypertension and heart valve damage are slightly increased when taking an antidepressant while taking Phentermine.

In case of a serious side effect, stop taking the PHENTERMINE and seek immediate medical supervision at your local ER. All patients on Phentermine are required to be evaluated by the physician every 60 days (every other month). While taking Phentermine, Avoid taking the following medications: Decongestant Medications (Sudafed/Pseudoephedrine, Tylenol Sinus, Claritin D, Zyrtec D, Allegra D), Stimulant Medications, High doses of caffeine, Other weight loss medications, Ephedra, MAO Inhibitors, and alcohol use. Please consult the clinic staff prior to starting any new medications.

Persons with the following medical conditions can NOT take Phentermine: Those with uncontrolled high blood pressure, heart disease, history of heart attack, arteriosclerosis (clogging of the arteries), systematic severe heart murmurs, history of stroke, liver or kidney failure, overactive thyroid, glaucoma, uncontrolled anxiety, depression, and those with a history of drug dependency (or addiction prone personality). Phentermine is NOT to be taken while pregnant or breast feeding. Phentermine must be discontinued 2 weeks prior to a surgery where general anesthesia will be used.

When first starting on the Phentermine, take your dose soon after awakening to lessen the possibility of it disturbing your sleep. After the first week (or as soon as your sleeping is normal), you may change the time of day you take the dose to meet your needs. Those that experience difficulty controlling their appetite in the evening hours find it to their benefit to take their dose between 10a.m. and 2p.m. Doses may be taken later than 2p.m. as long as it doesn't interfere with their sleep. Do Not break, crush, or chew Phentermine that comes in capsule form. The tablet form may be safely broken in half. Phentermine comes in three different strengths: 15mg, 30mg, and 37.5mg. All doses can be taken once or twice a day. If once a day dosing is no longer controlling your appetite, discuss a dose adjustment with the staff.

Patients are required to lose 4 pounds a month, in order to continue on Phentermine. Patients that consistently lose or regain weight will be taken off the medication and counseled regarding other treatment options. *YOUR SIGNATURE REPRESENTS ALL INFORMATION REQUESTED IS TRUTHFUL, ANY MEDICAL CONDITION AND/OR TREATMENT WITHHELD WILL NOT BECOME THE CLINIC'S LIABILITY.*