



Eight Ways to Lose Weight

A large percentage of the population is overweight. People try many types of diets and programs but it boils down to eight different ways to lose weight.

1. Sensible Diet Combined with Intense and Frequent Exercise. This option is difficult and many times very hard to do with busy schedules, working and parenting. But, it is essential for healthy rapid weight loss. Exercise and diet are essential for maintaining normal weight and health.

2. Eliminate Fad Diets. They are unbalanced and meant to be temporary – examples are the grapefruit diet, cabbage diet, rice diet, etc. These diets promote quick weight loss, but quick weight gain after the diet stops.

3. Support Group Diets. Examples are Weight Watchers®, Jenny Craig®, e-diets, etc. – These diets emphasize healthy lifestyle changes. But, they require group weigh-ins that many people are not comfortable with.

4. Diets from non-medically supervised clinics. These diets provide "quick fixes" but often not long-lasting results. Make sure that any program you enroll in has a maintenance plan.

5. Fat-burners, Herbal Products and Metabolic Boosters. These products don't follow a plan and are dangerous if used improperly, including the possibility of heart trouble. Use them under medical supervision and only for short periods.

6. Medically Supervised Low-calorie Diets with Meal Replacement. Programs such as Optifast®®, Nutrimed®®, Advanced Health Systems, Protidiet®, are some of the more popular available today.

7. Medically supervised programs that use appetite suppressant medications. Appetite Suppressants like Bontril®, Adipex®, Meridia®®, etc. and fat blockers such as Xenical® can be used for short periods and only with medical supervision.

8. Surgical treatments. As a last resort, procedures such as gastric bypass and bariatric surgery have been shown to be effective in permanent weight loss.

The first five methods are used by people on their own, sometimes with guidance. **The last three require medical supervision and are the most effective weight-loss programs in the United States today.** They are recommended and approved by universities, medical centers and even the National Institutes of Health.

At Jupiter Institute of the healing Arts, we specialize in #6 (medically supervised diets with meal replacements) and #7, medically supervised programs that use appetite suppressants).

At Jupiter Institute of the Healing Arts you will personally see Dr. Daniel I. Nuovich – a Harvard-trained leader in the field of medical weight management. You will receive a full medical evaluation and lab testing – identifying your specific problems and attending to your specific needs. You will then be treated with one of six different, clinically proven weight-loss programs, and you will be given the support and guidance you need to succeed.