



LESS WEIGHT. MORE ENERGY.  
MORE LIFE.

# Medical Weight Loss and Prevention Program



*Learn how to lose weight effectively!*

Take charge of your health and try our 12-week **physician-supervised** weight loss program! Our team of specialists will assist you in creating and pursuing personalized weight loss goals suited to *your* individual needs by providing:

- Overall Health Assessments
- Blood/Thyroid Analyses
- Behavioral Modification Training
- Detoxifications via Glutathione Injections
- Homeopathic Weight-Loss Supplements
- Pharmacotherapy with FDA-Approved Appetite Suppressants
- Lipo-tropic Injections
- Pre-packaged Meal Replacement Plans

*New Year, New You*

**REFINE** your body  
and take **CONTROL.**

Our weight loss program is centered on three key components:

#### - Nutritional Balance

Proper nutrition is absolutely essential for healthy and effective weight loss. Our program offers a comprehensive pre-packed meal plan for today's busy lifestyle.

#### - Supplemental Appetite Suppressants

Our FDA-approved medical supplements have the potential to suppress up to 50% of your appetite, while also functioning to improve your mood and energy. Combined with proper diet and exercise, results can be seen immediately.

#### - Behavioral Modification

Our team of specialists will provide you with the proper tools and strategies to help you modify your lifestyle, lose weight and lead a healthy lifestyle.

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- Family Health & Wellness
- Physician-Supervised Weight Loss
- ELITE® Skin Care
- Mole & Skin Tag Removals
- Glutathione IV Injections
- Medical-Grade Skin Peels
- Cosmetic Botox®
- Cosmetic Fillers

## Learn the tools to lose weight effectively and refine your body

Our Medical Weight Loss Program is medically supervised by **Dr. Tien Vo** and has been designed to help you reach your healthy weight goals. Our team of specialists will be here to help with your progress, answer your questions, and provide solutions to problems that may arise. We'll show you how to reset your appetite center so that you can eat normally without weight gain. Our program has three primary components:

- Overall Health Assessments and Behavior Modification Training (diet and exercise)
- Pre-packaged Meal Replacement Plans
- Pharmacotherapy via FDA-Approved Weight-Loss Medication & Supplements

Individuals with a Body Mass Index (BMI) of 30 or higher or those who need to lose more than 30 pounds would benefit from this program. Our weight loss program delivers rapid weight loss at a typical rate of 3 to 4 pounds per week, for an average of 40 lbs by the time you complete the program. Results may vary depending on different factors, which include your starting weight and medical condition. If you are morbidly obese with co-morbidity, we may be able to offer you the program through your health insurance with minimal out-of-pocket costs. *Health insurance companies may cover some or all of your treatment, particularly if you have weight-related health conditions, such as heart disease, hypertension, or diabetes.*

### **Week 1: The Initial Consultation**

You will be set up with our team of specialists. The initial consultation includes your overall health assessment, weighing in, calculation of your BMI, establishment of your weight goal, and lab work. Our team will review the entire program with you and go over any questions you may have. We will work alongside with you to modify your diet and exercise regiment. Although many individuals struggle with behavioral modifications such as diet and exercise, they are the front-line of defense when it comes to weight-loss and should be the first place for you to start. You will also be introduced to our weight loss diet made completely of Medi-fast pre-package foods, shakes, entrees, and meal replacement products. You will also meet with our physician to discuss any questions regarding the program.

### **Week 2: Evaluation of your over all health**

A physician and/or nurse practitioner will review your lab work with you. He or she will involve you in a more focused medical evaluation for diseases related to obesity and causative factors, along with a physical examination. In addition, our medical professionals will obtain a weight history, which includes previous diet attempts, and may conduct a thorough psychological evaluation. You will be given a series of injections which include: detoxification (glutathione), lipo-tropic, ascorbic acid, and vitamin B12 to help you tolerate low-calorie diets with significantly less discomfort. You will also be given an Rx FDA-approved appetite suppressants, if deemed appropriate.

### **Week 3 & 4: Checking your vitals and your progress**

Every week after, you will be weighing in weekly to check on your progress and your health status. You will be coming in for vital signs, necessary injections, and a prescription appetite suppressant, if needed. You will be checking in weekly to documenting your progress and getting your lipo-tropic injection.

### **Week 5: Re-visit with your physician**

### **Week 6 through week 12**

The final weeks will be similar to weeks 3 & 4. We will continue to monitor your progress and continue to answer any concerns and questions you may have. This is an individual-based weight loss plan which means each patient will have various results. We will guide you along the way to help optimize your efforts to meet your desired results.