

# Frequently Asked Questions

**Q: Why should I enter the Serotonin-Plus Weight Loss Program®?**

**A:** The program has a 99% success rate, is medically supervised, and produces much more weight loss than other national weight loss programs. The Serotonin-Plus Weight Loss Program® will not leave you feeling deprived or hungry. If followed properly, you will feel satisfied with a renewed sense of energy and will be in better physical condition. Many of our patients continue to lose weight, by choice, after they formally finish the program.

**Q: If I am on prescription medications can I still enter the Serotonin-Plus Weight Loss Program®?**

**A:** Yes, it is possible to enter the program while you are on other medications. Please let us know the dosage of prescription medications and dietary supplements you are taking before you start the program and our medical staff will determine if the program will be compatible.

**Q: How is this program different from other weight loss programs?**

**A:** The program was developed by a board certified internal medicine physician. It is an aggressive program that, if followed properly, achieves immediate and safe weight loss. It is the only program that utilizes a patented oral serotonin supplement that reduces appetite naturally and decreases carbohydrate cravings and binge eating tendencies. In addition, the Serotonin-Plus Weight Loss Program® modifies your behavior over time with respect to diet and exercise so your weight loss goal can be achieved and maintained long-term.

**Q: How do I pay for the Serotonin-Plus Weight Loss Program®?**

**A:** We offer a number of payment options, please check with your center's office manager for more details. *Some insurance companies cover weight loss visits. Check with your insurance provider to see if your visits will be covered.* Weight loss programs may be covered by flexible spending accounts and may be tax deductible.



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Weight Loss MD

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THE MEDICALLY SUPERVISED  
**Serotonin-Plus**  
WEIGHT LOSS PROGRAM®



# Be good to your body...

The Surgeon General of the United States recently labeled obesity as the nation's largest health concern, surpassing cigarette smoking. Excessive weight may lead to an increased risk of heart attacks, strokes, diabetes mellitus and a number of other life-threatening conditions. Aside from the serious medical consequences, the overweight individual may also develop feelings of low self-esteem, lack of confidence and suffer from social stigmatization.

*The Serotonin-Plus Weight Loss Program® was developed by Robert Posner, M.D., one of the world's leading researchers on the weight loss effects of oral serotonin supplementation. He has been a practicing board certified internal medicine specialist for over 25 years.*

## **Weight Loss Is Simple, Right?**

Wrong! In reality, weight loss is incredibly difficult. If losing weight were easy, there would be no overweight individuals. As our metabolism slows and stressful lifestyles lead to poor eating and exercising choices, weight loss seems impossible. After failing on their own, overweight individuals then turn to outside "help" including expensive programs, fad diets, and potentially dangerous dietary supplements that provide no long-term maintenance strategy.

## **What is the Difference Between This Program and Over The Counter Weight Loss Products That Claim to Promote Weight Loss Without Utilizing A Diet?**

Over the counter weight loss pills can be very dangerous to one's health. Many of the products are fads that don't live up to their promises. The experience of those who have utilized fad diets shows that maintenance of the new body weight is almost more difficult than the actual weight loss itself. The success of an effective weight loss program depends on the results being maintained long-term—and that requires behavioral and lifestyle changes, such as diet and exercise. The Serotonin-Plus Weight Loss Program® is medically supervised and offers safe, effective weight loss.

## **Can I Lose Weight if I Have a "Slow Metabolism"?**

A number of people suffer from "Slow Metabolic Syndrome", a term we have coined to describe the syndrome of people who gain weight easily and have extreme difficulty in losing it. This seems to occur more frequently in females than in males, especially females over the age of 35. The Serotonin-Plus Weight Loss Program® has achieved success in helping people with Slow Metabolic Syndrome because of the all-encompassing approach of medication, lifestyle and behavioral modification.

## **How Does the Program Work?**

The program consists of weekly visits with the medical staff and the average weight loss is 35 pounds in 12 weeks. Patients may attend more than one session to achieve their weight loss goals. We do have a comprehensive approach that allows for aggressive, but safe weight loss. It incorporates use of our unique patented oral serotonin supplement, Serotonin-Plus™, to naturally reduce appetite, decrease carbohydrate cravings and binge eating tendencies. Serotonin imbalance has been implicated as contributing to increased carbohydrate cravings, binge eating, depression, anxiety, PMS, sleep disorders and fibromyalgia. We also utilize phentermine, an FDA approved prescription appetite suppressant, when needed; and, behavior modification through an effective transitional diet and exercise plan. The SPWLP is the only weight loss program that can utilize a direct serotonin supplement.

## **What Should I Expect?**

During the first visit, you will have your medical history reviewed, receive a physical examination, EKG and laboratory blood testing. We will then review the Transitional Diet Plan™, corresponding meal plans and associated information. The Diet Plan is a 3-phase diet consisting of real food (3 full meals/day and 2 snacks) and is based upon an exchange-type system. Subsequent weekly visits will include a weigh-in, blood pressure and pulse checks, examination of your heart and lungs, periodic body fat, and circumference measurements. Patients are re-evaluated until optimal weight loss is achieved. We also provide a maintenance diet when your weight loss goal is achieved.

## **How Do I Get Started?**

We offer a free consultation to determine if this program is right for you. There is no obligation. Just call us to schedule your consultation.



*The Serotonin-Plus Weight Loss Program® is a medical breakthrough weight loss program with a 99% success rate. It can help you achieve the new you and the healthy lifestyle you've always wanted.*