

The ideal weight management plan at The OB/GYN Group of Austin

Currently in the United States, more than two-thirds of adults are considered overweight or obese. Being overweight or obese significantly increases the chances of having high blood sugar or high blood pressure.¹ Obesity also contributes to the risk of heart disease, stroke, Type 2 diabetes and certain cancers.²

This Weight Loss Method is a medically designed protocol that results in rapid fat loss while sparing the lean body mass. It is a four Phase system that you will undergo with the support of a wellness coach for the duration of your weight loss. Our plan promotes a ketogenic diet; our bodies have four compartments of energy from which to draw in order to meet our metabolic needs: blood glucose, glycogen (stored glucose), muscle and fat. Ketosis is the state that your body enters into once both blood glucose and glycogen stores are depleted. It is the state in which your body breaks down fat molecules in order to produce energy.

Unlike other hypo-caloric diets, the ketogenic side of this method is what makes it more successful. In a study performed by Volek et al at the University of Connecticut, a very low carbohydrate diet was shown to increase fat loss at a faster rate than a hypo-caloric low fat diet.³ Low carbohydrate diets have been linked to an improvement in triglyceride and LDL (“bad” cholesterol) levels.⁴ Other studies have shown that an increased carbohydrate intake is related to increases in both Coronary Heart Disease and Type 2 Diabetes.⁵

A loss in fat mass for overweight and obese individuals has the potential to result in a reduction in the dosage of medications or in some cases, discontinuation of medications. In the instance of Type 2 diabetes, insulin resistance can be overcome by minimal intake of carbohydrates. The lack of carbohydrates in the system allows the cells to re-establish sensitivity to insulin and results in a reduction of what is commonly referred to as “metabolic syndrome”.

Benefits of our ideal weight loss method:

- 2-5 pounds of fat loss per week (on average)
- Maintain muscle/lean body mass
- Proven to decrease cellulite
- Naturally suppress appetite and cravings
- Re-establish insulin sensitivity
- Lower triglycerides, improve cholesterol levels, decrease hypertension
- One-on-one personalized coaching, weekly weigh-ins, encouragement and motivation