

Lose it!

You can do it
We can help



POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER

KAISER
PERMANENTE®  thrive

positivechoice.org
858-573-0090

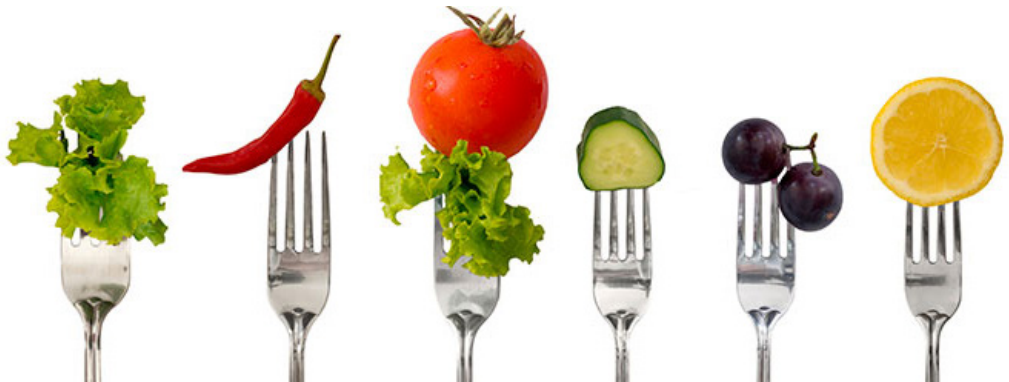
Considering losing weight?

Whether you want to lose weight eating healthy food, using meal replacements, or a combination of both, we will help you get the weight off quickly, recover your health, build healthy lifestyle skills, and provide unlimited long-term support for keeping the weight off.

You have received this booklet, either because you called and requested information, or one of your medical providers requested we send it to you. Please read through it to better understand the choices available to you.

We hold weekly information sessions where you can hear about our programs in detail, ask questions, and get started (see page 11).

We are excited for you to experience your optimal health and look forward to partnering with you along the way.



Fasting for Health

Full, Modified, or Partial Fasting

In the Medically Supervised Weight Programs you use meal replacements to help you lose weight. The replacements provide complete and balanced nutrition: essential protein, vitamins, minerals, and fats. The meal replacements are available as a shake, soup, or bar, and in a variety of flavors; chocolate, vanilla, mocha, berry, tomato soup, chicken soup, and more. Meal replacements help maintain a constant calorie level and curb appetite. Combined with a medically supervised program, average rates of weight loss vary between 2 and 5 pounds per week.

- The **Full Fast** food plan is five meal replacements daily and no added food.
- The **Modified Fast** food plan includes five daily meal replacements and approximately 200 calories of food.
- The **Partial Fast** food plan includes four meal replacements a day and 400-600 calories of food.

Full Fast —



Modified Full Fast —



Partial Fast —



Why Fasting?

There are many health benefits when you allow your body to “rest” from food for awhile.

In as little as 4–8 weeks on a Full or Modified Fast...

- Blood glucose normalizes (usually within days)
- 75% people with type-2-diabetes achieve normal fasting blood glucose and are able to discontinue medications
- HbA1c drops an average of 2 points
- Insulin sensitivity and glucose tolerance increases
- Liver enzymes normalize
- Fat in the liver and pancreas decrease
- Blood Pressure decreases (1/3 are able to discontinue medications, 1/3 are able to greatly reduce medication)
- Total Blood Cholesterol drops an average of 81 points and triglycerides drop 55.6%

8 weeks and beyond...

- At 8-16 weeks average weight loss is 15% from starting weight
- 5 years after weight loss, 2/3 or more people are maintaining half or more of their weight loss.

The Full or Modified Fast is recommended for people with chronic medical conditions like type 2 diabetes, elevated blood lipids, hypertension, fatty liver disease, NASH, heart disease, etc. The Full Fast may provide an extra protective factor against diabetes even if weight is regained, making it a particularly good choice for people with diabetes.

People with type-two diabetes cannot participate in the Partial Fast. People with type-one diabetes may not participate in a meal replacement program.

More Than Meal Replacements

The meal replacements are a great tool for weight loss, but they are not a solution to long-term weight maintenance by themselves.

Long-term success includes several factors...

- A whole foods, mostly plant-based food plan
- An awareness of daily food intake (food records, trackers, etc.)
- An active lifestyle and/or consistent fitness routine
- Long-term encouraging and non-judgmental support
- The opportunity to develop life skills to cope with life rather than overeating

During the weight loss phase, you attend weekly group sessions that focus on topics like becoming aware of and dealing with uncomfortable emotions, adjusting self-talk, building self-esteem, enhancing communication skills, stress management, etc.

After the weight loss phase the maintenance program continues to help you develop and strengthen the skills you need to maintain the weight you've lost. The program focuses on nutrition, behavior modification, mindfulness, label reading, and fitness.

We know that for you to be successful long-term, you need support. Once you complete a maintenance program, we offer unlimited, support classes that you may attend on a weekly or monthly basis at no additional cost to you.

Additionally, we provide auxiliary support services like a recovery from food addiction program, nutrition counseling program, personal training, exercise classes, cooking classes, mindfulness programs, biofeedback, etc.



Fast & Modified Fasting

Lose weight on a Full Fast (five meal replacements daily) or Modified Fast (meal replacements with 190 calorie meal daily). Attend weekly, two-hour group sessions until you reach your goal weight. Program helps you become aware of the situations that stimulate overeating, and to develop skills to cope with life stressors rather than eating in response to them. After weight loss, you attend an eight-session Maintenance Program that focuses on developing a healthy lifestyle. Then you may attend unlimited Booster classes for long-term support. These food plans are medically supervised.



Modified Fast
+190 cal meal



Fees

Kaiser Members		Non-Members
Lab Co-pay	PART 1 PRE-PROGRAM LABS	\$342
\$220 plus Provider Co-pay	Part 2 MEDICAL CLEARANCE and ENROLLMENT CONSULTS Medical Clearance includes EKG and consultation with medical provider. Enrollment Consults include pre/post-program body measurements and photos, program materials, post-weight loss body fat testing, and enrollment in your group.	\$220
\$140/wk	WEEKLY PROGRAM FEE Weekly fee includes medical monitoring, group session fee, and weekly meal replacements.	\$140/wk
Lab Co-pay	LAB WORK Completed every other week.	\$20-\$40

Partial Fast

Lose weight using a Partial Fast (four meal replacements with 300- 600 calories of food daily.) Program meets weekly for 18, ninety-minute group sessions. Program helps you develop skills in nutrition, fitness, mindfulness, and behavior modifications. This food-plan is medically supervised.



Fees

Kaiser Members		Non-Members
Lab Co-pay	PART 1 PRE-PROGRAM LABS	\$342
\$220 plus Provider Co-pay	Part 2 MEDICAL CLEARANCE and EN-ROLLMENT CONSULTS Medical Clearance includes EKG and consultation with medical provider. Enrollment Consults include pre/post-program body measurements and photos, program materials, post-weight loss body fat testing, and enrollment in your group.	\$220
\$575	PROGRAM FEE Includes medical monitoring and 18-session program. (2 payments, \$330 at session 1 and \$245 session 5)	\$575
Lab Co-pay	LAB WORK Every 3 weeks	\$20-\$40
\$70/week	Weekly Meal Replacements The number of weeks someone uses the meal replacements vary depending on individual needs.	#70/week

Additional Weight Loss Options

HEALTHY BALANCE

Full Food Weight Management Program

Lose weight eating nutrient-dense foods, cleansing vegetables, high quality proteins, low glycemic fruits, probiotics, healthy fats and high fiber grains and beans. In this 16-session program you meet weekly in a group setting and learn proper meal timing, as well as the pairing of different foods that help manage blood sugar levels and avoid the feelings of intense physical hunger that can lead to overeating and poor food choices. Exercise is incorporated into each class session, focusing on strength training and building muscle, as this is key to stimulating your metabolism and enhancing daily calorie burn.

Healthy Balance Programs are available at medical offices in East County, North County, South Bay, and San Diego County. There may be a waiting list for enrollment in these programs.

No fee for Kaiser Permanente Members
\$160 for guests to Kaiser Permanente



Nutrition/Fitness Forum

This forum is a walk-in question and answer session with a nutrition/fitness expert. The forums are available at several Kaiser Permanente locations and are a great support for weight loss, healthy eating, and fine-tuning your workout routines. Everyone is welcome. You do not need to be a health plan member to participate. No fee.

Positive Choice Integrative Wellness Center at Convoy Court:

Mon. thru Thurs., 5 to 5:30 pm; Tuesdays 11:45 am to 12:15 pm, Room 7.

San Marcos Kaiser Permanente Medical Office:

1st and 3rd Thursday of the month, 6 to 6:30 pm, Building 4, Room C.

Otay Mesa Kaiser Permanente Medical Office:






Mondays 5 to 5:30 pm, Building 4, Room 3.



H.E.A.T. — Healthy Eating and Training

H.E.A.T. begins with a one-hour, individual appointment with a Master's degreed specialist in nutrition and exercise physiology. The first appointment includes an assessment of your goals and preferences, fitness testing, and a SECA Body Composition measurement of body fat/muscle mass/water content. You then work with your trainer to develop a personalized weight loss food and fitness plan. This assessment is followed by four, 45-minute individual personal training, nutrition education, and wellness coaching sessions which are customized to your preferences. Your final coaching session includes a post SECA Body Composition test. Initial Consult, 2 SECA Body Composition tests, and four personal training/wellness coaching sessions: \$425

Which Program is a good fit...

<i>Circle dot if your answer is "yes"</i>	
I've struggled with my weight all my life.	
I exercise very little or not at all.	
I gained weight quickly during a time of stress, illness, or injury.	
I would describe myself as an emotional overeater.	
I take medications for high blood pressure or cholesterol.	
I eat when I am stressed.	
I gained weight slowly over several years.	
I exercise, but not consistently.	
Many people in my family are overweight.	
I eat to numb my feelings.	
I often make unhealthy food choices.	
I eat because I am depressed or anxious.	
I take medication for diabetes.	
Being overweight helps me avoid things.	
I prefer to lose weight eating healthy foods and exercising.	
I would describe myself as a compulsive overeater.	
I need help staying motivated.	
I do well with structure and education.	
Less food choices during weight loss is better for me.	

HALF OR MORE OF YOUR DOTS ARE ORANGE: 

The Fast/ Modified Fast Program is a better match for you.

MOSTLY BLUE DOTS:  Partial Fast or Healthy Balance Programs.

LESS THAN 3 DOTS TOTAL AND MOSTLY BLUE: 

Healthy Balance Program or the Nutrition/Fitness Forums.

Getting Started...

Thinking of a Full, Modified, or Partial Fast?

We invite you to attend one of our complimentary Information Sessions where we explain each program in detail. You will have an opportunity to ask questions and speak with one of our educators about which program is a good match for you. You can view the dates/times/locations of our Information Sessions online at positivechoice.org/ (look under the “calendar” tab) or call us and we will schedule you for an Information Session. 858-573-0090. Walk-ins are welcome.

Thinking of Healthy Balance

Call us to get started, 858-573-5573.

Thinking of H.E.A.T.?

Call this number to schedule with one of our trainers, 858-573-5573.

Thinking of Nutrition/Fitness Forum?

Simply show up in the designated classroom at the time and location listed, (pg 9).