



Let me share one of our success stories to let you know what we're up to at MMS.

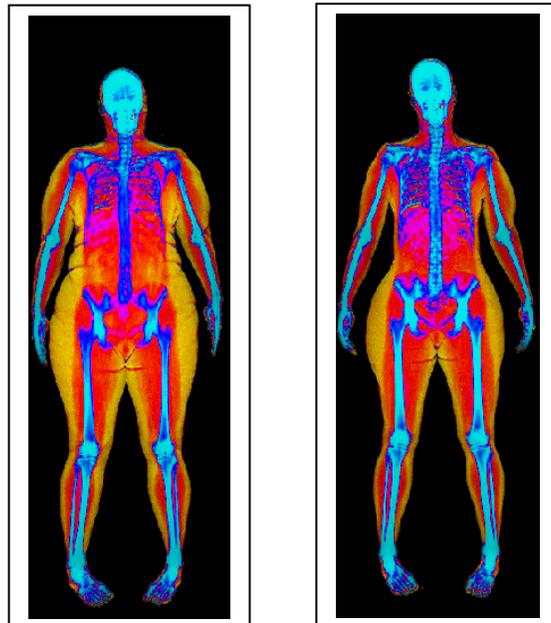
Case Study

A 45 y/o white female presented in April 2011 with a desire for medically meaningful weight loss to improve quality of life and prevent future adverse events related to obesity. She was treated with whole food nutrition alone. She chose not to use very low calorie diet, meal replacement program or any medications. She has built a foundation of activities, foods and behaviors which she enjoys and which also promote a healthy weight and a healthy life. Clinically, I suspect she will lose a bit more weight. She has the skills needed to do well with maintenance. Her weight loss is remarkable for its magnitude and composition. She lost 26 % of her starting weight and 100% of her excess weight. This weight loss is comparable to Roux en Y gastric bypass. Unlike gastric bypass where 33% of weight loss can be lean mass¹, this patient's lean loss was only 1.8%. Preservation of lean mass while losing fat is emphasized with our techniques. This preserves metabolic rate which empowers maintenance of weight loss.

April 2011

Weight = 195 lbs
 BMI = 33 kg/m²
 Waist Circ. = 40 inches
 BP = 126/84
 Tot. Chol. = 183 mg/dl
 LDL = 116 mg/dl
 HDL = 49 mg/dl
 Trig = 94 mg/dl
 Sleep Apnea: present

Body Composition



Fat **Muscle** **Bone**

Feb 2012

Weight = 145 lbs
 BMI = 24 kg/m²
 Waist circ. = 35 inches
 BP = 100/78
 Tot. Chol. = 172 mg/dl
 LDL = 103 mg/dl
 HDL = 59 mg/dl
 Trig = 50 mg/dl
 Sleep Apnea: absent

1-Carey DG, Body composition and metabolic changes following bariatric surgery: effects on fat mass, lean mass and basal metabolic rate. *Obes Surg.* 2006 Apr;16(4):469-77