

# Elevation Medical Weight Loss

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- 2350 Noblestown Rd. Ste 110, Pittsburgh, PA 15205
- 241 Three Springs Dr. Ste 12 Weirton, WV 26062
- 1130 Perry Hwy. Ste 9 Pittsburgh, PA 15237
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- 5301 Grove Rd. Suite 617A Pittsburgh, PA 15236
- 3747 William Penn Hwy. Ste 7, Monroeville, PA 15146
- 6504 Steubenville Pike, Pittsburgh, PA 15205

- 645 Clairton Blvd, Suite #47 West Mifflin, PA 15122
- 95 Trinity Point Dr. Washington, PA 15301
- 2000 Village Run Rd Ste 202, Wexford, PA 15090
- 20325 Rte. 19, Cranberry Twp., PA 16066
- 1155 Washington Pike, Bridgeville, PA 15017
- 6125 Spirit St., Pittsburgh, PA 15206
- 1720 Washington Rd., Pittsburgh, PA 15241

## Dr. Cooper's Cliff Notes

## CALORIES GOAL:

kcal/day

**Phentermine** (Brand Name: Adipex, or Adipex-P) is a prescription-only diet medication that suppresses appetite and increases energy levels. Phentermine is a very safe medication with the most common side effects including dry mouth (4 in 5 patients) and possible headache (1 in 5 patients) due to the stimulant effects of phentermine. You can easily lessen these side effects by drinking 1 gallon of water a day.

Stimulants such as phentermine work best on an empty stomach. We highly recommend breaking 1 tab of phentermine in half (using your thumb and to roll and split the tablet in half), take  $\frac{1}{2}$  AROUND 2 hrs after you wake up, then another  $\frac{1}{2}$  tablet 6 hours after you wake up. Then wait until later afternoon (around 2p or 3p) to eat. The medication, phentermine (Adipex) is designed to work on an empty stomach to give you the best results and an empty stomach allows for better absorption to exert its appetite-suppressant effect.

As mentioned above, take the phentermine (Adipex) medication on a completely empty stomach and wait AT LEAST 2 hours later to eat around 8 hrs into starting your day. **WE ENCOURAGE INTERMITTENT FASTING OF 20 HOURS INTERMITTENT FASTING A DAY.** This means that you **ONLY** eat calories within the hours of 3p-7p when your day starts at 6 am to lose the most amount of weight while remaining relatively comfortable throughout your weight loss journey. It is OK to start out with an intermittent fasting period of 16 or 18 hours and progress to 20 hours of fasting a day. **If you experience symptoms of LOW BLOOD SUGAR**, eat or drink 20g-30g of real sugar (like crackers, fruit juice, real soda) and blood glucose level will stabilize for 15-20 minutes to get you back to normal. **INTERMITTENT FASTING** will allow you to maintain your weight loss or to help you lose weight without resorting back to much, if any, diet medications after an adjustment period of 1-6 months. **DRINK AT LEAST 1 bottle of WATER IF YOU THINK YOU ARE HUNGRY--** your body may misunderstand **THIRST** signals for signals of hunger, so oftentimes water will solve the issue.

Phentermine $\frac{1}{2}$ tab at _____ Phentermine $\frac{1}{2}$ tab at _____	OR	Phentermine 1 tab at _____
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\*The benefit of taking phentermine  $\frac{1}{2}$  tab twice a day is there are fewer side effects, such as dry mouth/headache, and the medication will last longer into the evening to help with nighttime hunger & snacking. Please note that  $\frac{1}{2}$  tab of phentermine lasts roughly 6 hours, and 1 tab of phentermine lasts about 10 hours. Take the second  $\frac{1}{2}$  tab before 3 PM if you usually sleep by 9 PM.\*

**Diet** should consist of lean meats and lots of green, leafy vegetables. Since green, leafy vegetables are lower in calories and carbs. Carbs include common foods we know about, such as bread, potatoes, & pasta, but also fruits such as apples, bananas, pears, grapes, etc. Since most fruits are sweet, they are packed with carbs. If your goal is to lose 2+ lb a week, you can do so by maintaining a low-calorie diet (see kcal goal from the top of page) and a low carb (consisting of 50 grams of carbs or LESS, with no more than 20 gram of carbs per meal). Fiber and alcohol count as carbs. Try to limit to 1 oz of alcohol or 1 beer a week. Minimize carbs to maximize fat loss.

**Snacking** should be avoided. Snacking takes away from the number of calories you can eat. If your calorie budget is 1000 calories, and your snack is 300 calories, you only have 700 calories left to spend on meals. Instead, have real meals consisting of good, healthy protein with a generous portion of low-calorie vegetables to fill up the tank.

**Staying hydrated** is important when you begin a new diet and exercise program. Drink only water or calorie-free beverages. Drink a gallon of water a day to feel your best and to reduce side effects from phentermine.

**Exercise** should consist of whichever activity you enjoy that will increase your heart rate and make you sweat. Walking alone does not burn many calories unless you walk 3-5 miles a day. We recommend you participate in an activity you enjoy for 4 hours a week for accelerated weight loss.

**Chromium** (GREEN bottle): 1 tab daily WITH FOOD for metabolism and carb/sweet cravings.

**Furosemide** water pill (BLUE bottle): Take  $\frac{1}{2}$  tab once a week in the morning as needed for water retention and bloating. This is optional.

If you have questions, CONTACT US through our website or email me at [drcooper@elevationweightloss.com](mailto:drcooper@elevationweightloss.com).

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## WHAT'S ON THE MENU?

### Food List: Low carb plan for accelerated weight loss

<p><b><u>Meat &amp; Fish</u></b></p> <ul style="list-style-type: none"> <li>● Eggs</li> <li>● NY Strip or T bone</li> <li>● Filet Steak</li> <li>● 85% lean beef</li> <li>● Top Round Steaks or</li> <li>● Roast</li> <li>● Top Sirloin</li> <li>● Flank Steak</li> <li>● Eye of Round</li> <li>● Stew Meat</li> <li>● Skinless chicken</li> <li>● Chicken liver</li> <li>● Pork</li> <li>● Shellfish (shrimp)</li> <li>● Pavo molido, Turkey breast slices or cutlets</li> <li>● Lamb</li> <li>● Seafood (Salmon, Tilapia, Tuna, shrimp)</li> <li>● Low or Nonfat cottage cheese, Ricotta</li> <li>● Hard cheeses (cheddar, swiss, provolone, Colby Jack..)</li> </ul>	<p><b><u>Vegetables</u></b></p> <ul style="list-style-type: none"> <li>● Green Leafy lettuce (red, green, romaine)</li> <li>● Turnip Greens</li> <li>● Mustard Greens</li> <li>● Broccoli/broccolini/rapini</li> <li>● Asparagus</li> <li>● Spinach</li> <li>● Bell Peppers (Green or Red)</li> <li>● Brussels Sprouts</li> <li>● Artichoke</li> <li>● Cauliflower</li> <li>● Cabbage</li> <li>● Celery</li> <li>● Cucumber</li> <li>● Carrots</li> <li>● Eggplant</li> <li>● Onions</li> <li>● Garlic</li> <li>● Tomatoes</li> <li>● Zucchini</li> <li>● Col rizada</li> <li>● Mushrooms</li> <li>● Snow peas / Green beans</li> </ul>	<p><b><u>Fruits</u></b> <i>(only a small handful total daily)</i></p> <ul style="list-style-type: none"> <li>● Strawberries</li> <li>● Blackberries</li> <li>● Raspberries</li> <li>● Lemons or limes</li> <li>● Avocado</li> <li>● Tomatoes</li> </ul>
<p><b><u>Oils &amp; Butter</u></b></p> <ul style="list-style-type: none"> <li>● Olive Oil</li> <li>● Canola Oil</li> <li>● Vegetable Oil</li> <li>● Butter</li> <li>● Flaxseed oil</li> <li>● Avocados</li> <li>● Fish Oil</li> <li>● Mustard</li> <li>● Garlic</li> </ul>	<p><b><u>Seasoning</u></b></p> <ul style="list-style-type: none"> <li>● Onions</li> <li>● Dry seasonings (Herbal, etc.)</li> <li>● Scallions</li> <li>● Lemon</li> <li>● Lime</li> <li>● Salt</li> <li>● Pepper</li> </ul>	<p><b><u>Beverages</u></b></p> <ul style="list-style-type: none"> <li>● Water (target is 1 gallon/day)</li> <li>● Water with lemon/lime</li> <li>● Flavored water</li> <li>● Iced tea (without sugar)</li> <li>● Herbal tea</li> <li>● Stevia/Truvia/Splenda</li> </ul>