



California Wellness Institute

Urologists & Anti-Aging Physicians located in Brentwood, Los Angeles, CA & Palm Desert, CA

Over 70% of American adults are overweight or obese. If you're one of the millions of Americans who struggle with their weight, contact California Wellness Institute, in Los Angeles and Rancho Mirage, California. Eugene C. Rajaratnam, MD, offers personalized medically supervised weight loss programs to help you reach your ideal weight and optimize your health. Call California Wellness Institute or schedule a consultation online today to start your weight loss journey.

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Medically Supervised Weight Loss Q & A

What should I expect during medically supervised weight loss?

At California Wellness Institute, Dr. Rajaratnam provides highly customized medically supervised weight loss programs. Your program begins with a comprehensive consultation, physical exam, and lab testing.

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Then, Dr. Rajaratnam works with you to create a plan that you can commit to for sustained weight loss and improved health. He helps you learn about the importance of nutrition and creates a meal plan to optimize your diet with foods you enjoy.

He also offers additional therapies to support your weight loss journey, including IV nutrient therapy, colon hydrotherapy, and organ detox programs such as chelation therapy and massage.

You have regular appointments with Dr. Rajaratnam to monitor your progress and health. He can adjust your medically supervised weight loss program as you move toward your goal to help you surpass weight loss plateaus and stay motivated.

What are the benefits of medically supervised weight loss?

Medically supervised weight loss programs are designed to meet your specific needs. For example, Dr. Rajaratnam can identify your precise caloric needs and create a meal and exercise program that keeps you in a continuous calorie deficit. Additionally, if you have a health condition, such as a hypoactive thyroid, that makes it more challenging for you to lose weight, he provides treatment to restore correct body function and support your weight loss efforts.

Dr. Rajaratnam can also keep you accountable and motivated. With his support, you will not only see your results but when you struggle with your diet changes, he can help you stay on track.

Why is it important to maintain a healthy body weight?

When you're overweight or obese, you increase your risk of a wide range of health issues, including heart disease, diabetes, arthritis, and some cancers. Maintaining a healthy weight allows your body to function correctly and stay healthy. Additionally, losing weight and enjoying a healthy lifestyle can improve your energy levels, your quality of sleep, and help you look and feel younger.

If you're tired of trying to lose weight on your own, call California Wellness Institute or make an appointment online today and start your personalized medically supervised weight loss program.