

# Cumming Med Spa & Chiropractic

## Medical Wellness Manual

### **MEDICAL WELLNESS MANUAL**

2950 Buford Hwy Suite 140

Cumming Ga 30041

(678) 455-8800

Call for Your Free Consult

We appreciate your trust in letting us assist you on your journey. We have helped many patients just like you reach their desired goals.

We have found that sometimes taking this step with a loved one, a friend or another companion can make that journey a little easier and more beneficial for both of you.

If you have someone that you think may benefit from going through this process with you we can provide them with a consultation as well.

## CUMMING MED SPA & CHIROPRACTIC

### Find a Friend & Save \$50

Find a Partner and you each save an additional \$25

### Refer a Friend & Save

Call now for your  
**FREE Weight  
Loss Consult**

*"I lost 27 lbs  
in 30 days"*

\*Actual patients who lost weight at Cumming Med Spa & Chiropractic.

Additional \$50 off- \$25 each

## HCG Diet

2950 Buford Hwy Suite 140  
@ Windermere Pkwy

**678.455.8800**



## **WEIGHT LOSS**

We provide a comprehensive weight loss plan centered on individualized nutrition, exercise, and medicinal treatment solutions.

In this booklet you will find your meal plan, information regarding water and exercise, appetite suppressants, Lipovite and meal replacement.

### **Water**

Water suppresses your appetite and helps prevent constipation.

→ You should drink 80-100 ounces **EVERY** day ←

### **Walk**

Start with a weekly walking routine. Start walking at least 5 minutes a day and work up to 30 minutes. In the beginning, if you start with a strenuous workout you are more likely to quit. Start low and go slow. If you already have an exercise routine, you must try and change your BASELINE activity level. Circuit or resistance training is recommended, meaning low weights and a lot of repetitions.

### **Appetite Suppressants**

Our clinicians prescribe FDA approved appetite suppressants, known as anorectics.

→ **At no time will you ever be given an amphetamine** ←

Points to remember when taking an appetite suppressant:

- Side effects - All medications, including aspirin, have potential for side effects. In the unlikely event you feel you are experiencing a problem with any medication, let us know! If it cannot wait until you reach us, notify your family doctor immediately. Fortunately, this is rarely necessary.
- Occasional side effects may include: dry mouth (relieved by increased water intake); jitteriness (least likely to happen if you start with half of the pill and short lived, usually disappears after the second day); difficulty falling asleep (often relieved by taking pill earlier in the day); and headache (usually disappears after the second day, and is relieved by usual headache remedies of aspirin or Tylenol).
- Tolerance - Occasionally, after time you may feel the suppressant no longer works as well as it did initially. Be sure to discuss this with your clinician so we can make the proper adjustments for you to reach your weight loss goal.

**None of these side effects are a reason to stop treatment.**

**Don't quit - Let us help you.**

To achieve the maximum benefit from your appetite suppressant:

1. **Take the appetite suppressant at least 40 minutes to an hour before a meal** to allow the medication to absorb.
2. Never take the suppressant with other medications. Take your prescribed medications first, wait 30 minutes or more to take the suppressant.
3. Always take your appetite suppressant with plenty of water, at least 8 oz.
4. It may take a minimum of an hour to begin working, so give it a chance.

We're all in the same boat when it comes to being frustrated about appetite suppressants. For some of us, the appetite suppression diminishes within a few weeks of beginning treatment. Others are able to use a suppressant longer, but we all seem to develop a tolerance eventually.

### ***How do prescription appetite suppressants work?***

Appetite suppressants, like many other prescription drugs, work with chemicals in your brain called neurotransmitters. They actually stimulate your neuron bundles to release a particular group of neurotransmitters known as catecholamine, these include dopamine, epinephrine (formally known as adrenalin), and norepinephrine (noradrenalin). They signal a fight or flight response in your body which, in turn, puts a halt to the hunger signal. As a result, your hunger is superseded because your brain doesn't receive the hunger message. This is perhaps due to the effects on leptin levels in the brain. It is theorized that appetite suppressants can raise levels of leptin which signal satiety. It is also theorized that increased levels of the catecholamine are partially responsible for halting another chemical messenger known as neuropeptide Y. This chemical initiates eating, decreases energy expenditure, and increases fat storage.

### ***What are Neurotransmitters?***

Neurotransmitters are chemicals in your nervous system and brain. They act as messengers, relaying electrical messages between the cells (neurons) of the nervous system or brain. Some people have naturally low levels of neurotransmitters. This condition may lead to diseases such as depression, anxiety, panic attacks, and obesity, and others.

### ***What steps can I take to make the appetite suppressant more effective?***

Avoid drinking sodas and other caffeinated beverages. They can slow or prevent the appetite suppressant's tolerance. This is because caffeine speeds up the metabolism, which has a diuretic effect and in turn will cause you to excrete the appetite suppressant quicker through urine.

Making an overall improvement with your eating habits will play a large role in improving your production of neurotransmitters as well as other vital chemicals in the body. Since amino acids are the building blocks of neurotransmitters it is essential to ensure adequate protein in the diet. The B vitamins are co-factors for the production of neurotransmitters from amino acids, it is crucial to take a multivitamin to ensure adequate amounts of B vitamins.

### ***What types of Appetite Suppressants do our clinicians prescribe?***

- Phentermine (Adipex-P, Ionamin, Fastin)
- Phendimetrazine (Bontril)

## Meal Supplements and Snacks

Always start the day with a well-rounded nutritious breakfast, if unable to take the time to make a breakfast, start with a high protein meal supplement (protein shake, bars, etc.) in order to get your metabolism started for the day to come.

Remember breakfast is the most important meal of the day; your body is coming out of a fasting state and needs the appropriate nutrients and proteins to help avoid cravings. Breakfast will also help stabilize your blood sugars levels while replenishing fluids.

We recommend meal supplement products that have been specifically designed for weight loss and have proven to be effective with our patients. Some examples brands are EAS AdVantage or South Beach diet brands . Make sure you read labels and pay close attention to the calories, sugar and carbohydrate amounts, the lower the better. If at any time you question the product please ask one of our clinicians if it is compatible with the weight loss program.



## Fat Reduction & Energy Producing Injections

### Vitamin B-12 Injection

Our B-12 injection is simply a concentrated form of Vitamin B-12. One injection per week is recommended. You can do two injections a week but they have to be 72 hours apart. Vitamin B-12 is safe and there should be no adverse side effects.

Vitamin B 12 is an important nutrient; it keeps the brain and nervous system functioning properly and helps with the formation of red blood cells. By synthesizing and regulating DNA, B-12 is involved in the metabolism at a cellular level. It also plays a vital role in fatty acid synthesis and energy production.

Many medications, certain medical conditions, and the normal aging process can lead to a B 12 deficiency. The injections should increase your energy level and improve your mood. Many of our patients feel that this injection gives them the energy necessary to stick with their reduced calorie food plans and increased activity.

### Lipovite Injection

Lipovite is a vitamin B complex combined with fat burners and amino acids to help process foods better. These compounds enhance the liver and gallbladder's role by decreasing fat deposits or speeding up fat metabolism for its removal. Your liver is the organ responsible for removing fat and toxins from your body, so it is important to maintain a healthy liver. B vitamins are particularly important for energy, stable moods, healthier skin, hair and eyes. If you have trouble with low energy levels, a slow metabolism and weight gain, you may benefit from the Lipovite injections.

The key amino acids used to make these injections are: **Choline, Methionine, and Inositol.**

Ingredient Information:

**Methylcobalamin (B-12):** Is a different form of B-12. One study suggests that once absorbed, Methylcobalamin may be retained in the body better than cyanocobalamin (standard B-12 injection). Methylcobalamin has also been studied in conjunction with sleep-wake rhythm disorders, where it appears to yield benefits.

**Thiamin (B-1):** Thiamin is an important coenzyme that helps the body convert food into energy. It also assists in manufacturing fat and metabolizing protein. Thiamin is necessary to maintain normal function in the nervous system while playing a part in the chain of reactions that provides energy for the body. It is thought to be beneficial for people suffering from Alzheimer's disease and older adults with mental impairment. Thiamin studies on volunteers have claimed an increase in mental acuity.

**Riboflavin (B-2):** Riboflavin works together with the family of B-complex vitamins to provide the body with energy by metabolizing carbohydrates, fats, and proteins. It also helps in the regeneration of glutathione, an enzyme that rids the body of free radicals. Riboflavin may be able to decrease the number of migraine

headaches a person has. It may also help to prevent cataracts. Riboflavin has helped to increase iron levels for those suffering from iron-deficiency anemia.

**Niacinamide (B-3):** Niacin works with other b-complex vitamins to metabolize food and provide energy for the body. Niacin is very effective at correcting high cholesterol and preventing or reversing heart disease. It can be used to treat insulin-dependent diabetes. Some studies indicate it might also be effective in treating arthritis and migraine headaches.

**Pantothenic Acid (B-5):** Pantothenic Acid helps the body extract energy from carbohydrates, fats, and proteins. It also helps to metabolize fats and produce red blood cells and hormones from the adrenal gland. Vitamin B5 might be useful in treating rheumatoid arthritis. It could also be used to lower blood cholesterol and triglyceride levels. Pantothenic acid is commonly found in "anti-stress" formulas because it works with the adrenal gland to produce stress hormones.

**Pyridoxine (B-6):** Pyridoxine is effective against more than 100 health conditions. It's used against maladies as serious as heart disease and everyday aggravations such as premenstrual syndrome and sensitivity to MSG. It can even help prevent the formation of kidney stones.

**Choline:** Supports the health of the liver in its processing and excretion of chemical waste products within the body. Moreover, it is required for the transport and metabolism of fats and cholesterol within the body, which is important for the healthy support of the endocrine, cardiovascular and hepatic systems.

**Methionine:** Is one of the sulfur-containing amino acids (cysteine & cystine are others) and is important for many bodily functions. It acts as a lipotropic agent to prevent excess fat build up in the liver and the body, is helpful in relieving or preventing fatigue and may be useful in some cases of allergy because it reduces histamine release. Patients with a severe (anaphylactic) sulfa allergy should not take this injection.

**Inositol:** A nutrient belonging to the B vitamin complex is closely associated with Choline. It aids in the metabolism of fats and helps reduce blood cholesterol. Inositol participates in action of serotonin, a neurotransmitter known to control mood and appetite.

The different ingredients of this mixture are known to have the following attributes:

- Co-enzymes required for proper fat metabolism, and removes fat from the liver
- Energy boost
- Speed up thought process and improve mood
- Building blocks for cell walls
- Essential components for normal cell and brain function
- Help control cholesterol levels and gallstones
- Helps emulsify cholesterol and detoxify amines
- Helps keep healthy skin tone and strong nails
- Promote healthy hair growth, and controlling estrogen levels
- Help with transforming carbohydrates into energy

## Fat Facts

The fats found in foods we eat are mainly comprised of saturated fats, trans fats, polyunsaturated fats, and monounsaturated fats. \*\*These fats should be avoided or limited whenever possible

**\*\*Saturated Fats** - Fats that are usually solid at room temperature. Primarily found in animal foods and some plant foods.

- Consequence: Raise blood cholesterol
- Food source: Animal foods such as whole milk products, butter, lard, and meats.

Plant foods such as palm, palm kernel, and coconut oils, and cocoa butter.

**\*\*Trans Fats** - Fats that are unsaturated (not solid). Trans fats develop when hydrogen is added to vegetable oils to make them more solid to be used in baked commercial foods. Trans fats are used in restaurant and fast food chains.

- Consequence: Raise blood cholesterol, raise LDL (bad) cholesterol, lower HDL (good) cholesterol
- Food source: Cookies, crackers, baked goods made with partially hydrogenated vegetable oils, French fries and donuts -deep fried "anything".

**Polyunsaturated Fats**- Unsaturated fats, liquid at room temperature and in the refrigerator.

- Consequence- Lower total blood cholesterol, lower LDL (bad) but may also lower HDL (good).
- Food Source- Plant oils, safflower, soy, sesame, corn, sunflower seed oils, nuts and seeds.

**Omega 3 Fat**- polyunsaturated fats "Good Fats"

- Consequence- Lower LDL (bad) and lower triglycerides, benefit the heart of healthy people and those at high risk or have cardiovascular disease.
- Food source- Salmon, mackerel, flaxseed, canola oil, tofu, and walnuts.

**Monounsaturated Fats**- Unsaturated fats are liquid at room temperature but start to solidify at refrigerator temperatures. "Good Fats"

- Consequence- Lower LDL (bad) cholesterol, raise HDL (good) cholesterol.
- Food source- Olive, canola and peanut oils, avocados, olives.

**Dietary Cholesterol** - A type of fat we get from animal foods we eat.

- Consequence- Raise total blood cholesterol.
- Food source- Foods from animals, meats, egg yolks, dairy products, organ meats, fish, and poultry.

**Triglycerides** - The chemical form in which most fat exists in food as well as in our bodies. Triglycerides develop from fats in foods we eat or are made in the body from other energy sources like carbohydrates.

- Consequence- increases risks for coronary artery disease.
- To improve levels- lose weight if needed, decrease saturated and trans fats and cholesterol, reduce alcohol consumption, be physically active at least 30 minutes on most or all days of the week.



## Habits vs. Hunger?

**Hunger is when your body physically needs to eat.** Hunger occurs in stages; first you may have a feeling of emptiness in your stomach along with growling and rumbling, second you may experience a headache or feel shaky or weak. It is thought that low blood sugars and certain hormones may trigger these hunger signals.

**Appetite is your desire to eat.** Many external and internal cues influence your appetite from cravings, emotions, the smell of food cooking, and eating habits. When you eat according to your appetite instead of hunger, excess calories are usually consumed leading to extra weight.

There are many techniques to help identify a biological craving (true hunger) and an emotional craving. One way is to use the following guidelines:

### **PHYSICAL (BIOLOGICAL) CRAVING QUALITIES:**

- You are experiencing true signs of hunger.
- The craving does not go away with time.
- The craving actually gets stronger with time.
- There is no relief from the craving except to eat the food being craved.

### **EMOTIONAL CRAVING QUALITIES:**

- No signs of true hunger are being experienced.
- With time the craving goes away.
- The level of intensity does not get worse with time; only the emotion.
- Finding and doing something else satisfies the need and the craving goes away.

### **HUNGER/FULLNESS RATING SCALE:**

10	Absolutely, positively stuffed	5	Perfectly comfortable
9	So full that it hurts	4	First signals that your body needs food
8	Very full and bloated	3	Strong signals to eat
7	Starting to feel uncomfortable	2	Very hungry, irritable
6	Slightly overeaten	1	Extreme hunger, dizziness

### **EATING TRIGGERS:**

- Many things can trigger your desire to eat; a commercial on T.V., the smell of food, the sight of a favorite food, or just knowing you have snacks in the house can trigger food cravings.
- Determine what "eating triggers" affect you; then learn to control the triggers by finding a solution when you are in that situation.

### **TIPS TO IMPROVE YOUR EATING HABITS**

- Don't starve yourself
- Choose foods that are satisfying (whole grain/high fiber, good protein)
- Choose activities that you truly enjoy
- Don't be over restrictive (allow small amounts of foods you love)
- Listen to your body to determine if you are satisfied or if you need a second portion (20 minutes is what it takes for your brain to register if you are satisfied).

## **Protein and Protein Substitutes (Meat)**

### ***Very Lean Protein (VLP)***

- (1 serving provides approximately 7 grams of protein, 0-1 grams fat, 35 calories)
- 1 ounce poultry (white meat, no skin); chicken, Cornish hen
- 1 ounce Lean Beef (96/4)
- 1 ounce Canadian bacon
- 1 ounce fresh or frozen fish
- 1 ounce tuna, canned in water
- 1 ounce fat-free cheese
- 2 egg whites
- ¼ cup fat free cottage cheese
- ¼ cup egg substitute
- 1 ounce 97% fat free deli meat (chicken, roast beef, ham)
- Vegetarian source - Morning Star Egg Substitute ¼ cup

### ***Lean Protein (LP)***

- (1 serving provides approximately 7 grams protein, 3 grams fat, 55 calories)
- 1 ounce poultry (dark meat, no skin); chicken, Cornish hen
- 1 ounce fresh or frozen fish
- 1 ounce tuna, canned in oil, drained
- 1 ounce lean pork (loin cut)
- 1 ounce USDA Select or Choice grade of lean beef; ( flank steak, "loin" cuts; skirt steak)
- ¼ cup 4.5% fat cottage cheese (low fat)
- 1 light mozzarella cheese stick
- Vegetarian source- Morning Star breakfast sausage patty (1.3 oz.) - 1 patty
- Boca ground crumbles - 2 ounces
- Boca breakfast patty -1 patty
- 

### ***Medium Protein***

- (1 serving provides approximately 7 grams protein, 5 grams fat, 75 calories)
- 1 ounce ground beef, cuts of beef, pork, lamb, or veal
- 1 ounce low fat cheese
- 1 egg
- 1 level tablespoon peanut butter (provides 95 calories, 4 grams protein)
- 1 mozzarella cheese stick
- Vegetarian source- Morning Star- breakfast bacon strips- 4 strips
- sausage recipe crumbles- 2 ounces
  - sausage links- 2
  - veggie dog- 1
- Boca- all American patty- 1
  - veggie patty tomato basil- or 1 breakfast link

## **Additional Vegetarian Sources**

- Morning Star- classic burger =150 calories; 14 grams protein
  - cheddar burger= 150 calories; 13 grams protein
  - garden veggie patty= 110 calories 10 grams protein
  - chicken patty= 150 calories; 9 grams protein
  - chicken tenders 4= 190 calories; 12 grams protein
  - chicken wings 5=200 calories; 12 grams protein
  - corn dog 1= 150 calories; 7 grams protein
- Boca- Chicken patty= 160 calories; 11 grams protein
  - Italian sausage= 130 calories; 13 grams protein
  - bratwurst sausage= 140 calories; 14 grams protein
  - Edamame ½ cup = 100 calories; 8 grams protein
  - Tofu- 4 ounces = 94 calories; 10 grams protein
  -

## **Nuts**

- Almonds ¼ cup (23) = 155 calories, 6 grams protein
- Cashew Nuts ¼ cup = 143 calories, 5 grams protein
- Walnuts ¼ cup = 173 calories, 1 ½ grams protein
- Peanuts ¼ cup = 141 calories, 6 ¼ grams protein
- Pecans ¼ cup =170 calories, 2 ¼ grams protein
- (Must follow correct portion size when used as protein source due to high calorie content; nuts are considered a fat source but the fat is primarily monounsaturated.)
  - *Always bake, broil, grill, stew, or microwave foods to avoid added fats.*
- *-Always trim visible fat before cooking*
- *-Non-stick cooking spray is acceptable*

## **Skim Dairy Group**

*(1 serving provides approximately 8 grams protein, 90 calories)*

- 1 cup Skim or Non-fat milk
- 6 ounce nonfat sugar free yogurt

## **Starch Group**

*(1 serving provides approximately 100 calories, 3 grams protein - and is whole grain)*

4 ounce potato (small-comparable to a tennis ball)	1 light hamburger or hot dog bun
½ cup yam	3 cups of microwave popcorn (94% fat free)
⅓ cup cooked brown rice/wild rice/fat free Spanish rice	1 ½ whole grain tortilla
⅓ cup corn	1 ½ whole grain pita bread
⅓ cup cooked peas, beans, lentils	6 small saltines
½ cup cooked whole grain pasta	2 squares of a graham cracker
1 ½ standard slices of 100% whole grain bread	12 reduced fat Wheat Thin crackers
1 cup unsweetened cereal	15 fat-free or baked potato chips
¾ cup cooked unsweetened cereal	1- 6 inch fat free pancake or waffle
1 light whole grain English muffin	6 reduced fat Triscuit crackers
1 ½ of a 200 calorie bagel	10 reduced fat Town House crackers
	6 Town House wheat crackers
	2 ½ pretzel rods (large)

*\*Avoid adding fat to starch group foods, non-calorie flavor sprays acceptable.*

## **Salad**

*(1 serving provides approximately 50 calories, 2 grams protein)*

1 cup of lettuce or other mixed greens AND 1 cup total of vegetables celery, green peppers, mushroom, or radish (Salad consists of 2 cups of above ingredients)

*\*May use low calorie dressing equivalent to 25 calories, vinegar, lemon juice or other spices allowed for seasoning.*

## **Vegetables**

*(1 serving provides approximately 50 calories, 4 grams protein)*

1 cup cooked or raw:

- Broccoli
- asparagus
- beets
- green beans/string bean/yellow
- spinach
- cauliflower
- cabbage
- waxed beans
- turnips
- carrots
- cucumber
- greens collard/mustard/spinach/turnip
- tomatoes
- zucchini
- summer squash
- okra

*\*avoid adding fat for flavoring, non-calorie flavoring sprays are acceptable*

## **Fruit**

*(1 serving provides approximately 100 calories)*

4 ounce banana (1 small about 6")	¾ cup pineapple
5 ounce grapes or cherries (about 30)	2 plums
7 ounce apples (2 small about 2 ½" diameters each)	12 halves of dried apricot
1 small orange, or peach, or pear (about 2 ½ " diameter)	5 medium dried prunes
1 cup melon	3 halves of dried peaches
1 cup strawberries	6.5 rings of dried apples
¾ cup berries black/blue/raspberries	¼ cup seedless raisins
	1 small mango

## **Free Foods**

The following foods may be used as often as you like. Use the lower sodium versions of food items to avoid fluid retention.

### ***Beverages***

Water- Carbonated sugar free flavored water; caffeine free  
Club soda- Mineral water-Tonic Water (sugar free)  
Decaffeinated Diet soda (try to limit 1 per day)  
Diet drink mixes (Crystal Light)  
Coffee or tea (preferably GREEN), decaf must pay attention to timing and flavorings.

### ***Seasonings***

Butter flavoring (fat free) nonstick cooking spray  
Herbs/Spices/Pepper/Garlic  
Flavored extracts/Lemon or Lime juice  
Horseradish/hot pepper sauce/Worcestershire or lite soy sauce Pimento/mustard  
Vinegar/wine in cooking

***Miscellaneous*** Bouillon or broth (fat free)  
Gum (sugar free)

Flavored gelatin (sugar free)  
Stevia for sugar substitute

The following list contains foods that have 20 calories per serving. To avoid calorie accumulation for the day, limit use from this list to no more than 3 times per day for a total of only 60 calories. Use correct portion size to ensure only 60 calories. Some foods may also be high in sodium; please use the lower sodium versions when possible. If you are sensitive to fluid retention or have blood pressure issues avoid the high sodium items all together.

**Condiments**

BBQ/Cocktail sauce/Teriyaki	1-2 tbsp.
Dill pickles	1 ½ tbsp.
Jam or jelly (sugar free or light)	1-2 tbsp.
Mayonnaise/Miracle Whip/Sour cream (light or fat free)	1 tbsp.
Ketchup	1-2 tbsp.
Margarine (fat free)	4 tbsp.
Nondairy creamer	2 tbsp.
Pancake syrup (sugar free)	1-2 tbsp.
Salsa	¼ cup
Salad dressing (fat free)	1 tbsp.
Sweet pickles (bread & butter)	2 slices
Pickle relish	1 tbsp.

**Miscellaneous**

Cream cheese (fat free)
Cranberries with sugar substitute
Whipped topping (low fat or fat free)

**Veggies (1 cup)**

Radishes	Cabbage	Celery
Green onion	Hot peppers	Mushrooms

<b>Alcoholic Beverages</b>	<b>Size</b>	<b>Calories</b>
Regular Beer	12 oz.	140-150
Light Beer	12 oz.	100-135
Miller Genuine Draft 64	12 oz.	64
Whisky	1 ½ oz.	96
Gin	1 ½ oz.	96
Vodka	1 ½ oz.	96
Rum	1 ½ oz.	96
Wine-Red	5 oz.	125
Wine- White medium	5 oz.	100
Wine- White sweet	5 oz.	225
Wine- White sparkling	5 oz.	100
Champagne- Dry	5 oz.	126
Martini- Dry	2 ½ oz.	156
Bailey's Irish Cream	1 glass	120
Bacardi Rum	1 glass	118
Margarita (frozen)	6 oz.	270
Margarita (frozen, at a restaurant)	16 oz.	720
Bloody Mary	5 oz.	115
Eggnog	8 oz.	490
Sherry-Medium	5 oz.	112
Whiskey Sour	3 oz.	122

## Fast Food Options

<b>McDonald's</b>		Calories	Protein
Breakfast items	Mc Muffin w/egg no cheese	250	15
	Apple Dippers no caramel	15	0
	Scrambled eggs	170	15
	Plain English muffin	130	5
	1 % milk	100	8
	Fruit & yogurt parfait no granola	120	4
Lunch/dinner items	Snack wrap w/grilled chicken	250	16
	Chicken breast filet grilled no bun	100	21
	Bacon Ranch Salad	140	9
	Bacon Ranch w/grilled chicken	230	30
	Southwest salad w/grilled chicken	290	27
	Side salad	20	1

\*all salads calculated without dressing; use low or fat free sparingly\*

<b>Wendy's</b>		Calories	Protein
Lunch/dinner items	Baked potato	270	7
	Garden Salad no croutons	120	2
	Grilled chicken no bun	180	27
	Jr. Burger no bun	140	11
	Caesar side salad no croutons	170	6
	Cranberry pecan chicken salad	260	23

\*all salads calculated without dressing; use low or fat free sparingly\*

<b>Chick fil a</b>		Calories	Protein
Breakfast items	Milk plain low fat	100	7
	Fruit cup	70	0
	Sunflower multigrain bagel plain	220	7
Lunch/dinner items	Chargrilled chicken minus bun	270	28
	Grilled Market salad	200	23
	Chargrilled chicken cool wrap	340	36
	Chicken soup small	130	8
	Asian salad	330	29
	Side salad	80	5
	Honey mustard fat free (½ packet)	50	0

\*all salads calculated without dressing; use low or fat free sparingly\*

**Payments made to Comprehensive Health Services of Greater Atlanta (Cumming Med Spa & Chiropractic) for weight loss AND for weight maintenance are deductible, according to the IRS.**

In Revenue Ruling 2002-19, the IRS stated that, "Obesity is medically accepted to be a disease in its own right." The IRS ruled that, "Uncompensated amounts paid by individuals for participation in a weight-loss program as treatment for a specific disease or diseases (including obesity) diagnosed by a physician are expenses for medical care that are deductible under § 213, subject to the limitations of that section".

There are three categories of persons who may be eligible:

First, many employees have Health Savings Accounts (HSAs) through their employers. HSAs use the same definitions of medical expenses, as do individual taxpayers. Therefore, employees can use their HSAs for weight loss programs if undertaken at a physician's direction to treat an existing disease.

Second, many employers provide Flexible Savings Accounts (FSAs) that may provide this coverage. FSAs, also, use the same definitions of medical expenses, as do individual taxpayers. Participants in an FSA would need a letter from a health care practitioner stating that they are not using the weight-loss program merely for "general well-being".

Third, taxpayers who itemize their deductions can add these costs to the costs of medical and dental expenses. Within this category, taxpayers can only deduct medical and dental expenses that exceed 7.5% of their adjusted gross income and that are not reimbursed.

The IRS also states that "the deduction for medical care expenses will be confined strictly to expenses incurred primarily for the prevention or alleviation of a physical or mental defect or illness." Therefore, maintaining a weight loss should qualify for the deduction if a physician recommends the continuation of treatment to manage weight for prevention or alleviation purposes.



# Low T?

While we have always treated obesity and its associated hormonal issues, until now we have not provided extensive hormone therapy solutions to men who are not overweight. We created a Hormone Replacement Therapy (HRT) program to be natural addition to our weight loss and wellness clinics. We provide screening services and testosterone replacement therapy for men who are experiencing the symptoms brought on by hypogonadism - a medical term which describes a diminished functional activity of the gonads that may result in diminished sex hormone biosynthesis.

If you are a man struggling with fatigue, weight gain, difficulty sleeping or decreased sex drive, you may be suffering from symptoms of "Low T", or low testosterone. Testosterone therapy for men can provide relief for these symptoms that are often associated with aging.

Just as women experience a decline in hormone levels as they age, men experience a decrease in their testosterone levels beginning at around age 30. By 60, natural testosterone production has often dropped to about half of early adult levels. Studies have shown that over 13 million men in the U.S. suffer from low testosterone.

For a Free Testosterone consultations please contact our facility.



**WIN A  
60 Minute Massage!**  
Enter on our website today.

# ENHANCE

YOUR QUALITY OF LIFE

## Medical Weight Loss

- HCG Diet (Lose 20lbs in 30 days)
- Food Allergy Testing
- Vitamin Deficiency Screening
- Low Testosterone Testing
- Weight Loss Pills
- Fat Burning / B-12 Injections

## Spa Services

- Massages: Deep Tissue, Swedish, Hot Stone, Sports, Relaxation, Youth, Couples
- Advanced Skin Treatments
- Spa Facials
- Spray Tan

## Family Wellness

- Chiropractic Care
- Medical Care
- Diagnostic Evaluations
- Physical Therapy
- Rehabilitation

**SUMMER SPECIAL**  
**\$50 OFF**  
HCG Medical Weight Loss Plan  
*Limit 1 per client*

**MICRODERMABRASION SPECIAL**  
**NOW \$29**  
Normally \$75. Call Today to Schedule.  
*Limit 1 per client*

**NORVELL CUSTOM TAN**  
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**NEW PATIENT WEBSITE SPECIAL**  
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Normally \$595  
Exam, X-rays, Report, Therapy, Chiropractic Adjustment, Consult.  
*See website for complete details.*



**CummingMedSpa.com | 678.455.8800**

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