

LIPO-Vite Intramuscular injections to facilitate weight loss

In working in women's health for close to 20 years, weight management has consistently become an ongoing topic with the majority of women transitioning into menopause. During the hormonal transition, all too often a women will put on 5, 10, even 15 extra pounds right around the mid-section. This area of weight gain has proven to be the most difficult to take off no matter how hard someone diet's and exercises. Calories do not regulate metabolism. Our hormones do. This is why so many diets fail. Hormone restoration is instrumental in managing weight. However even when someone is doing "all the right things" of eating well and managing their hormones, weight gain can still be frustrating and troublesome.

So Bridger Natural Medicine Clinic is now incorporating Lipo-Vite injections into practice. Lipo-Vite is a combination of vitamins and lipotropic agents which help the body lose weight. These consist of once a week, perhaps twice a week, single intramuscular injections (usually to the buttock), to help the body increase its metabolism of fat and to facilitate weight loss. A list of ingredients are found on the second page.

If interested in receiving these Lipo-Vite injections to facilitate better weight management and enhance weight loss, contact my office manager Chrystal at: 585-0205 to schedule a time. It is recommended to start with at least three initial injection for starters and to monitor response. The cost is \$75- per injection. The benefits are increased energy, some mild appetite suppression, and better overall metabolism of carbohydrates into fat and energy, and weight loss. Some patients have reported weight loss ranging from 5 to 20 pounds in just 3 weeks.

It needs to be emphasized there is no "magic bullet" for weight loss. However, when someone is incorporating the mainstays of a good healthy diet and appropriate hormone restoration, yet still experiencing difficulty in losing weight, then these injections may be useful for the body's ability to burn off those stubborn pounds gained during the perimenopause/menopause transition, and just to burn off those stubborn pounds.

All the Best,

Dr. Robert Lemley

Lipo-Vite Ingredients

Vitamins:

B-1: Improves immune system, helps convert fat and carbohydrates into energy, especially in the brain.

B-2: Increases metabolism, supports immune system. Induces action of B-6, fat metabolism and glucose regulation.

B-3: Improves carbohydrate metabolism and cholesterol synthesis. Needed for synthesis of both fatty acids and steroids.

B-5: Improves energy.

B-6: Promotes red blood cell production, nerve activity, and converts food to energy. Promotes release of glycogen from liver and muscle. Loss of water weight.

B-12: Energy, healthy nerve cells, healthy red blood cell activity and carbohydrate metabolism.

Vitamin C: Antioxidant. Immune booster.

Lipotropics: (a class of substances that play an important role in the body's use of fat).

These help to maintain a healthy liver through their involvement in lipid (fat) metabolism by increasing the production of lecithin by the liver. This helps to solubilize cholesterol, thus lessening cholesterol deposits in blood vessels and decreasing the chance of gallstone formations.

Inositol: Converts food to energy. A deficiency of inositol can lead to hair loss. Regular and frequent consumption of caffeine may cause depletion of inositol.

Choline: Healthy nerve cells, cuts muscle recovery time, helps convert fat to energy. Metabolizes fat. Choline detoxifies amines (by products of protein metabolism). This is important for those on a high protein diet.

Methionine: Helps break down sugars and carbohydrates for conversion into energy. Works with choline to detoxify amines. Works as a catalyst for choline and inositol, opening up their functions.