



Accurate Clinic

2401 Veterans Memorial Blvd. Suite 16
Kenner, LA 70062 - 4799
Phone: 504.472.6130 Fax: 504.472.6128

www.AccurateClinic.com

Personalized Approach

Losing weight is personal. We recognize that each individual has their own needs relative to losing weight so each person requires a unique, personalized treatment plan that will provide them the greatest success for losing weight. The backbone of any and all successful weight loss programs is to burn more calories than you eat, so that your body burns excess fat. That is a simple, unalterable fact.

For anyone to successfully maintain a lifestyle and pattern of eating that allows for continued weight loss, it requires making changes. At Accurate Clinic (**AC**) we create specific, individualized programs to successfully make those changes happen:

- *If you are looking for something simple, quick and easy – we have a program for you!*
- *If you have limited weight loss needs focused on just that “small belly pooch,” we have a program for you!*
- *If you have more complex needs such as eating behaviors that are difficult to control – we also have a program for you!*
- *If you have a desire to learn more about nutrition, diet, supplements, genetics and obesity, exercise and mind/body approaches to weight loss – we also have a program for you!*

Individualized Weight Loss Options

Medical Foods: Functional "Mini-Meals"

At AC we provide weight loss options to meet almost anyone's needs. We offer medical foods, available only from or through a physician, that when used as advised will provide a healthy, sustainable and tasty diet to allow for weight loss up to 15 lbs/month. For many, this is all that is needed to successfully lose weight. Our medical foods are nutrient-dense, rich in essential food elements, high protein, low carb and also contain appetite suppressants that effectively control your hunger throughout the day. The AC diet plan calls for eating multiple (up to 5-6) medical food functional "mini-meals" and one self-prepared meal/day.

Our registered dietitian will guide you in a personalized diet plan to meet your specific needs regarding weight loss.

Affordable NLAL Lipolysis - Lose inches safely in weeks!

To accelerate your weight loss in targeted areas, especially around the waist, we offer NLAL, an advanced lipolysis technology that is fast, painless and effective in contouring your weight loss to specific body areas including abdomen, thighs and arms.

Management of "Addictive Eating"

At least 30% of obese individuals suffer from some form of addictive-like eating behavior. While the actual diagnosis of “food addiction” is controversial, the fact is many overweight individuals suffer the consequences of eating behaviors they cannot control. We will help people with these problems learn how their genetics may contribute to these behaviors and how with the use of safe, natural and **effective** supplements, they may gain better control of their self-defeating behaviors. We also provide counseling to those who wish to learn behavioral approaches to manage their eating.

Genetic Testing

Assessing a person's DNA provides insights as to how a person individually metabolizes food and helps identify a specific diet that will enhance successful weight loss. DNA tests may also reveal genetic findings that may drive a person's food cravings or impulsive eating habits that unconsciously lead them to obesity. Genetic testing can also predict how an individual responds to different exercises to guide a personalized exercise program. With a simple oral swab of your saliva we can evaluate your DNA and potentially identify ways that can guide you to more effective weight loss and personal training.

Dietary and Nutritional Supplements

Many optional, natural, nutritional supplements and nutraceuticals as well as medical foods may be recommended for health maintenance and assistance in weight loss. At AC we suggest multiple complementary and alternative medical (CAM) approaches to health care. Please consult with our physician for further information.



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Medication Management for Appetite Suppression

While most people in our weight loss program do not need the use of prescription medications to lose weight, prescription medications may be appropriate for some and can be prescribed. Please consult with our physician for further information.

Costs -> Commercial insurance coverage may apply (based on your policy) - please consult our medical billing dept.

First Visit: \$125

Routine visit: \$100

NLAL Lipolysis: \$75-100/session(based on treatment package) - check with clinic for current special offers

Discounts:

For patients who are also enrolled in our Cardiovascular Wellness, Male Wellness, Chronic Pain or Buprenorphine (Suboxone) health programs, substantial discounts are available for the Weight Loss Program. Please inquire if you are interested in learning more about these other health care programs available at Accurate Clinic.