



Persevere. Achieve. Celebrate.
With Dr. Joy Liu's Weight Clinic

To expedite and make your first visit go smoothly, please complete the following items **prior** to your first visit.

- Watch Dr. Liu's Info Session on YouTube: www.YouTube.com/user/DrJoyLiu
- Read through the orientation packet
- Complete the 3 forms and fax to our office at 916-983-8891 or email to info@drjoyliu.com
 - Treatment Consent Form
 - Patient Commitment Form
 - Patient Questionnaire
- Call our office to schedule the initial appointment at 916-983-8868
 - We will give you a lab slip to be completed 7-10 days prior to your appointment

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Orientation Kit

Dr. Joy Liu's Weight Clinic

Thank you for inquiring about Dr. Joy Liu's Weight Clinic. We are delighted that you have decided to attend this orientation to learn about how our program can help you lose weight and improve your health with the guidance of our trained staff.

Dr. Joy Liu's program is a medically supervised weight loss program that uses Meal Replacement from NutriMed. Remember to manage your weight for a lifetime; you'll need to make permanent changes in your daily nutrition, activities and other weight-related behaviors.

The good news: You don't have to do it alone! Our program coordinator and physician can help you at every step. The program includes reduced calorie meal plans, protein supplements, nutrition education, lifestyle modification, individual counseling, and long-term maintenance strategies.

Our program can help you lose weight and live a healthy life for years to come! We're glad you are here and look forward to helping you reach your weight management goals.

Sincerely,

Dr. Joy Liu

Four Phases to the NUTRIMED® Program

Our caring and experienced staff will guide you through the four phases of our program

Adaption Phase

Some dieters may need an adjustment period- a gradual diet change using low calorie meal plans that include one or two grocery meals before starting a total meal replacement, very low calorie diet. Your physician and counselor will help determine if this phase is necessary and how long to use it.

Weight Loss Phase

During this time of rapid weight loss you will use scientifically designed **NutriMed®** meal replacement products as your major food intake. These products are nutritionally designed to provide your body with nutrients needed for safe effective weight loss. It is important to take only these products provided by during the weight loss phase or your nutritional needs and health could be compromised.

Refeeding Phase

You will gradually begin to add grocery foods to your daily diet and reduce the number of **NutriMed®** meal replacement products. The calories you consume will be adjusted so that you stop losing but continue to manage your weight.

Maintenance Phase

While in our Maintenance Phase you will eat grocery foods and practice your new lifestyle and weight management skills under the guidance of our medical staff. You'll continue to work with the staff to adjust your calories and meal plans so you can maintain your new body weight and meet your nutritional needs. During maintenance, many patients find it helpful to continue to use 1 or 2 **NutriMed®** products daily. Remember—a combination of regular activity, sensible eating and ongoing support from our staff can help you maintain your weight loss.

The Importance of Medical Supervision While on Our Program

Only by checking your physical responses to the program can our weight loss team make the medical, nutritional and lifestyle adjustments needed to maintain your good health and allow you to lose weight safely and effectively. Our team of professionals will provide the following medical procedures:

- Weekly weight check
- Weekly blood pressure check
- Periodic blood tests to measure levels of minerals, cholesterol, triglycerides and other health indicators
- Occasional electrocardiogram (EKG) to check your heart
- Medication adjustments (if needed)
- Periodic body measurements

These test results should interest you, too. They're likely to show health improvements that will keep you motivated!

Weight loss can help improve, reverse or even prevent serious medical conditions, including type 2 diabetes, high blood pressure, cardiovascular disease and high cholesterol. It can also reduce joint and back pain, and dramatically improve your energy level and mood.

Why Our NUTRIMED® Nutritional Products are Critical to Your Success

The NUTRIMED® products are critical to your nutritional needs and ongoing program success. They will help you achieve your goals and have been clinically prove and scientifically designed to work in conjunction with your meal plan.

The products provide the following benefits:

- Provides the body with additional high-quality protein, which is vital to preserve lean body tissue during the weight loss phase. This helps protect the major organs of the body.
- Being high in protein, the products help the body maintain a higher metabolic rate during calorie restriction. As a result, you feel less tired, burn more fat and lose weight faster.
- Supplies the body with the necessary amount of high-quality protein without the added calories and dietary fat found in most common protein rich foods such as meat and dairy.
- Assures adequate intake of protein during caloric restriction.
- Provides a greater feeling of satiety and this helps control hunger.
- Provides a structured systematic approach to weight management, which allows better adherence to the program.
- The products help eliminate the temptation of high-calorie, high-fat sweets.
- The products are calorie-, fat- and portion-controlled
- The products, used with our meal plans, make weight loss easier because they eliminate weighing foods, label reading, shopping and meal planning.
- In addition, the products are convenient, compatible with today's busy lifestyle, portable, easy to mix, and taste delicious.

Benefits of Our Program

Program Highlights	Benefits to You
Provided in professional weight management office	You develop a personal relationship with the physician and the staff. We follow your weight loss, nutritional, medical and lifestyle needs and we can individualize a program specifically for you.
Medically supervised	Program is delivered by a physician who can medically monitor your physiological, metabolic, nutritional and motivational needs.
Multidisciplinary program	Key ingredients to long-term weight loss success are healthy eating, regular exercise, a positive mental attitude, and effective relapse management and coping skills. This program provides all of these elements.
Education materials	<p>Lifestyle change is a cornerstone of long-term weight management success. In this program, you will learn to make wiser food choices, increase your exercise activity and manage stress, thereby helping to create long-term success.</p> <p>Materials have been designed with busy adults in mind—they are brief, concise and to the point.</p>
Nutritious meal plans	Meal plan format is easy to follow and helps you adhere to the programs prescribed calorie levels. They also teach you portion control and meal planning principles for long-term success.
Nutritional food products	<p>The great tasting NUTRIMED® Products help ensure proper nutrient intake, reduce your hunger and allow you to easily comply with the program for quicker weight loss.</p> <p>The products have been scientifically and nutritionally designed with the proper macro and micro nutrients to provide you balanced nutrition on a daily basis for safe yet effective weight loss. It is important to only take the products we prescribe so you don't compromise your weight loss and nutritional needs</p>
Reduces co-morbidities resulting from being overweight	Medical conditions such as type 2 diabetes, cardiovascular damage and hypertension can be very harmful to your health. With just a 5-10% reduction in your weight, you could experience health improvements including a reduction in blood glucose, blood pressure and cholesterol.

Frequently Asked Questions

Here are some common questions relating to a VLCD program. Be sure to raise any additional questions or issues with our NutriMed® program coordinator.

Q. What kind of diet will I follow?

- A. During the Weight Loss phase, you will follow a Very Low Calorie Diet consisting of delicious NUTRIMED® products. These products have been specially formulated to provide the necessary protein, carbohydrates, vitamins and minerals that you need while on a VLCD.

Q. What products are available in the program?

- A. The NUTRIMED® products include a variety of shakes, puddings, soups, nutrition bars and more. These products offer great flavor and optimal nutrition for effective weight loss and good health. The wide variety of products, flavors and textures will ward off that dreaded "diet fatigue."

New varieties and flavors are being developed all the time, so check with our NutriMed® team if you're craving a change!

Q. Are there health benefits to this program?

- A. Definitely! Weight loss can improve, reverse or even prevent serious medical conditions, including type 2 diabetes, high blood pressure, cardiovascular disease and high cholesterol. It can also reduce joint and back pain, and dramatically improve your energy level and mood. Just a 5 to 10% reduction in body weight can provide health benefits.

Q. How much weight can I expect to lose?

- A. This may be everyone's top question! The answer: It depends on several factors including your current weight, program, age, gender and activity level. A loss of four to seven pounds is common in the first week or so. Ongoing weight loss will be about three to four pounds a week.

Q. How will this diet help me lose body fat?

- A. Ordinarily, your body uses glucose from carbohydrates for energy. When calories and carbohydrates are limited (as with a VLCD), your body burns its own stored fat for energy. The fat is released into the bloodstream and

travels to the liver, where it is converted to ketones (KEE-tones). The ketones are then released back into the bloodstream, where muscles and tissues use them for energy. This process is called ketosis (kee-TOSE-sis).

Q. How will I know if I am in ketosis?

- A. A simple urine test can detect the presence of ketones excreted by your body. Initially, you'll undergo this test each week. As your body adapts to burning ketones, you'll excrete fewer of them.

Q. Will I be hungry?

- A. Most clients report that their hunger diminishes or disappears within a day or two of beginning the program due to the presence of ketones and reduced food temptations. NUTRIMED's high-protein, low-carbohydrate nutritional profile also plays a role in appetite suppression.

Q. Why is protein so important in a VLCD?

- A. Your body must have protein to meet its physiological needs. Without NUTRIMED's concentrated protein, your body would break down its own tissues. That can have serious health consequences.

Q. Aren't carbohydrates and fat also important?

- A. Yes, but smaller amounts are sufficient. Carbohydrates help protect your body's protein and maintain electrolyte and fluid balance; a minimal amount is needed to fuel cells that are unable to use ketones. A moderate amount of fat provides essential fatty acids, which are needed for good health.

Q. How many calories will I be consuming?

- A. Most clients follow a daily meal plan of 800 calories, which typically consists of five NUTRIMED® products and two bars daily. Make sure you consume the prescribed number of products to ensure you have the essential nutrition you need for successful weight loss.

Guidelines for Safe Weight Loss

- All prescriptions, herbal supplements and over-the-counter products you take regularly, must be reviewed and approved before you begin the program. You should also check with your prescribing physician before beginning a VLCD.
- Attend all appointments with your counselor, NUTRIMED® physician and any other professionals prescribed for your program.
- Consume all the NUTRIMED® servings prescribed for you.
- Space your NUTRIMED® supplements evenly throughout the day: usually, one at regular meal times and the rest at regular snack times. See meal plan provided to you for further instructions.
- Use only prescribed or approved medications. Take any mineral or electrolyte supplements as prescribed.
- Drink at least six to eight glasses of water each day, in addition to the water you mix with your supplements.
- Avoid crossing your legs. Doing so compresses a nerve behind the knee, causing numbness in the lower leg. Losing fat makes this nerve more sensitive.
- Limit extended trips early in the program, to maintain your medical monitoring. If you travel, consult with your counselor or NUTRIMED® physician first.
- If you become seriously ill or are injured. Tell the treating physician that you are on a VLCD or modified VLCD.

Side Effects

People on a VLCD may experience mild, temporary side effects as their body adjusts to the diet. Side effects may include:

- **Dizziness.** As you begin losing weight, you lose a lot of water as urine. This lowers blood volume and, hence, blood pressure. To minimize dizziness, avoid changing positions quickly; don't use whirlpools, saunas or steam baths; and drink plenty of water.
- **Fatigue, Dry Skin, Sensitivity to Cold.** These are generally mild and can be treated with extra rest, lotions and creams, and extra clothing.
- **'Fruity' Breath.** Ketosis may temporarily give your breath a fruity odor. If the odor bothers you, you may use a mouthwash.
- **Gallstones.** Tell your counselor about any symptoms or history of gallstones; you may require additional tests or treatment while on the program.
- **Gastrointestinal Upset.** Changing from solid food to a liquid diet may cause constipation or diarrhea. Over-the-counter medications are available for either condition. In addition, your NutriMed® team can add a Fulfill fiber product to your meal plan to help relieve constipation.
- **Hair Loss.** A small percentage of patients may experience patchy hair loss three to six months into the diet. Frequently, new hair grows in just as the old hair is lost.
- **Leg Cramps.** Drinking more fluids or increasing electrolytes can often relieve occasional or mild leg cramps. Your physician should evaluate any leg pain you are experiencing.
- **Menstrual Irregularities.** Dietary changes may cause delayed or missed periods. Women who miss a period or have a late period must be tested for pregnancy.

See your NUTRIMED® physician or personal physician about any symptoms that persist or concern you.

DiETING? Don't Go It

By Howard J. Rankin, Ph.D.

Losing weight can be a physical, emotional and behavioral challenge. But it needn't be a lonely one.

The fact is, if your diet isn't working, the answer may not lie with your fridge, your gym or your therapist. You may just need a friend.

The Power of Connections

Social support—individual or group, formal or informal—is an absolute requirement for successful lifestyle change. The more support, the more likely your success.

Why? For women especially, the sense of sharing and friendship that support engenders is irreplaceable. While reason and headlines may tell you that millions of women are overweight, unless you share the experience, it's easy to feel that you're going through it alone. That gives you nowhere to turn when setbacks occur.

Connecting with others who know what you're going through can bring relief, validation and empowerment.

At every stage of life, each of us needs people who care about us and our goals. People who are (or have been) in our situation can be enormously helpful. Their insights and suggestions are particularly meaningful.

That's just as true when the goal is weight loss. I have seen the transforming power of support through years of experience as a clinical psychologist working with thousands of dieters.

The Seven Pillars of Support

What can weight loss support—from a friend, group or professional—offer you?

Information. Information is somewhat overrated in weight loss. After all, most people know they need to eat less and exercise more. But sharing information is helpful -- and personal advice from people who know you, your strengths and your challenges can be far more helpful (and persuasive) than any diet book.

Encouragement. Everyone needs affirmation for their efforts. Weight loss is a long process. Praise and encouragement along the way is critical. We learn far more from the rewards of our positive behaviors than the punishment of our negative ones.

Facilitation. People who support your goals can provide important practical help. A workout partner can help you stick with your exercise plan. Friends who excel in the kitchen can share healthy cooking tips. Other supporters can pitch in with childcare or chores while you exercise, rest or fix a meal.

Anchoring. Perhaps the most important thing your supporters can offer is perspective and reassurance when you feel overwhelmed or ready to quit. Rough spots are inevitable; talking yourself out of them is difficult. Support can get you through these make-it-or-break-it junctures.

Accountability. Here's another success strategy that's hard to pull off alone. No matter how self-disciplined you are, having other people to "answer to" throughout your effort really helps keeps you on your toes. Their feedback can also help you make course corrections you may not have considered.

Self-Esteem. Low self-esteem is both a cause and consequence of weight gain; self-esteem must be improved—and regularly reinforced—to achieve and maintain success. Acceptance and validation by others is extremely important in building self-esteem.

Hope and Inspiration. When you're pursuing a goal, nothing is more inspiring than the prior success of others who whom you identify. These role models inspire and renew hope and motivation. Surrounding yourself with people who have achieved what you want to achieve is a wonderful tactic. When weight control is the goal, just eating with friends who have lost weight or exercising with friends who have become active can be a real eye-opener.

Finding the Support You Need

Good support won't fall in your lap. You must figure out what kind of help you need and where to get it. Here are some ideas.

Nutrition. To reach and maintain a healthy weight, you must know the basics of healthy nutrition. Your weight loss counselor or a Registered Dietitian can be of tremendous help in this regard. He or she can help you devise an eating plan that reflects your tastes, needs and lifestyle. If you have diabetes or other weight-related medical problem, special nutritional counseling by a Registered Dietitian may even be covered by insurance. To find a Registered Dietitian in your area, visit www.eatright.org.

Medical Support. Even people who rush to their doctors with every sniffle may not think to turn to them for weight loss help. But your healthcare provider can be a tremendous resource. In fact, if you have a medical condition, your doctor should be your first stop, to make sure the plan you're considering will be safe, appropriate and effective for you. If you need additional help, your doctor may refer you to a bariatric physician, who specializes in weight loss.

Exercise. Trying to become more active? Nothing works better than a buddy. A partner or group can keep you moving and accountable when your motivation slumps. (It's harder to hit the snooze button when someone is waiting for you.) So find a friend, and get moving. Suggest a nightly walk to your spouse, or a lunchtime workout to a colleague. Join a health club, or take a class at the Y. The warmth and fun of shared activity may surprise you!

Emotional Support. When you need support and encouragement, there's no substitute for face-to-face contact. Weight loss clinics can also provide a range of services and support.

Once you've identified a potential supporter—friend, family member or group—be assertive and make your request to them clear.

Who Goes There: Friend or Foe?

Alas, not everyone in your life will want to hear about your waistline woes or self-improvement journey. You need to watch out for people—even loved ones—who may subtly or openly sabotage your efforts. Rooting out these negative forces is essential to your success. Beware, for example:

Controllers. Typically a spouse or mother (often, uncannily, the same personalities), build their own security by bossing others around. Their fear is that you won't succeed. But while they're invested in your success, their actions (and advice) are likely to drive you to distraction.

How to Cope: Remind the controller (and yourself) that this is your gig, and nobody else's. Restate as often as necessary.

Naysayers. These folks are negative about many things, including your ability to succeed. To a naysayer, the glass is not only half-empty - it's going to break at any moment.

How to Cope: Tune them out. Also, learn to cultivate an attitude of optimism, and actively seek the company of optimists. Bolster your spirit by reading about people who have achieved what you want to achieve.

Saboteurs. These are people who really want you to fail. Your success is somehow threatening to them, so they'll often be jealous and nasty. Saboteurs may include friends and loved ones with weight problems of their own - or attractive people who don't want the "competition" of an equally attractive you.

How to Cope: Distance yourself from these people as much as possible. At the very least, don't discuss your self-improvement efforts with them. If they try to push unhealthy food on you, ask them to respect your wishes. If they won't, drop them.

The Finish Line

If you're contemplating weight loss, line up your support first. While no one can do the work for you, a strong team can speed and ease your trip to the goal!

Renowned behavior-change expert Howard J. Rankin, Ph.D., is a clinical psychologist and author of several behavioral-change books. His book is titled "Inspired to Lose."

Meal Cost Comparison

Typical Meals

BREAKFAST

McDonald's® sausage and egg with cheese on English muffin with a hash brown and 16oz orange juice
750 Calories



MID-MORNING SNACK

Starbucks® 16 oz café mocha and a blueberry muffin
680 Calories



LUNCH

Subway® 6" Sub, a bag of Lay's® Baked Crisps, and a 12 oz Diet Coke®
440 Calories



AFTERNOON SNACK

Pretzels and 12 oz Diet Coke®
110 Calories



DINNER

Frozen Stouffers® Lasagna, garlic bread, and a tossed salad with dressing
690 Calories



EVENING SNACK

½ pint Häagen-Dazs® Rocky Road ice cream
620 Calories



Totals:

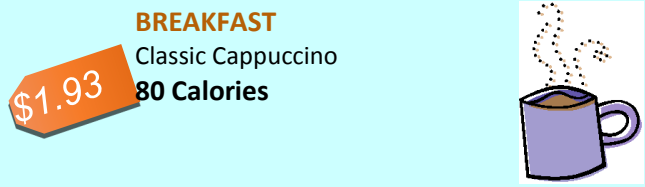
\$29.67

3290 Calories

Dr. Liu's Weight Clinic

BREAKFAST

Classic Cappuccino
80 Calories



MID-MORNING SNACK

Chocolate Mini Crisps
120 Calories



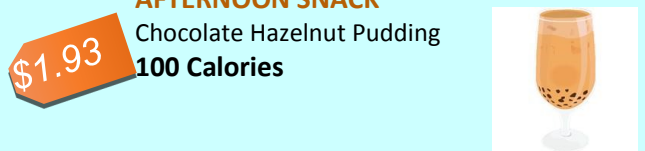
LUNCH

Fudge Graham Bar
160 Calories



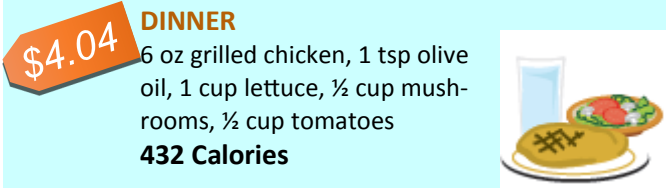
AFTERNOON SNACK

Chocolate Hazelnut Pudding
100 Calories



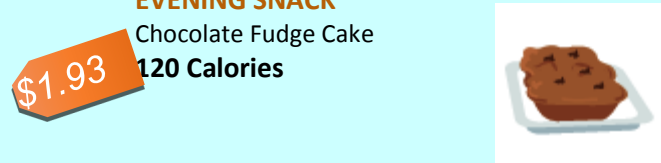
DINNER

6 oz grilled chicken, 1 tsp olive oil, 1 cup lettuce, ½ cup mushrooms, ½ cup tomatoes
432 Calories



EVENING SNACK

Chocolate Fudge Cake
120 Calories



\$15.62

1012 Calories

DR. JOY LIU'S WEIGHT CLINIC Patient Treatment Consent Form

Authorization for Examination and Treatment

1. Having been explained the risks and benefits of the NUTRIMED® Program a medically monitored program for rapid, safe* weight loss and complete education to help manage weight. I knowingly and voluntarily desire to participate in the Program.
2. I am aware that I must meet medical and psychological screening criteria established by the NUTRIMED® team of weight management professionals before entering the Program.
3. I hereby authorize and consent to have Program physicians perform complete physical and diagnostic procedures including blood test, electrocardiogram (EKG), and possibly a stress test and/or chest radiography for evaluation purposes. I have had the opportunity to ask questions regarding the diagnostic procedures.
4. As part of the NUTRIMED® Program, continuous medical monitoring is mandatory. Consequently, upon acceptance to the Program, I willingly agree to have this monitoring performed (blood tests, periodic EKG, and other tests as indicated).
5. I am aware during the weight loss period possible side effects may occur from ketosis. Ketosis is an increased amount of fat by-products (ketone bodies) in the body due to altered nutrient composition of the diet (low carbohydrate). These side effects include dizziness and fruity breath. Less common, but possible side effects are fatigue, leg cramps, missed or late menstrual periods, dry skin, temporary hair loss, sensitivity to cold, diarrhea and constipation.
6. I have been informed that foot-drop is a rare transitory side effect of weight loss.
7. I have been informed that any weight loss regimen increases the chance of gallstone formation.
8. If medical complications unrelated to weight loss arise during the Program, I am fully aware I will be referred back to my private physician for treatment and evaluation.
9. I recognize that if I should become pregnant my participation in the (if applicable) Program must be terminated.
10. I understand that I will pay for my products and program services on a weekly basis. I understand that it is my responsibility to pay for these services.
11. The physician/nurse practitioner team of weight management professionals has answered my questions regarding this Program and possible side effects.

Patient Signature: _____

Date: _____

Staff Signature: _____

Date: _____

*Physician monitoring is required to help minimize the potential for health risks.

DR. JOY LIU'S WEIGHT CLINIC Patient Commitment Form

Commitment

Realizing that losing weight will require a great deal of time and effort on my part, I _____ wish to participate in Dr. Joy Liu's Weight Clinic, a medically monitored program for weight loss and weight management.

- I must meet medical and psychological screening criteria established by the team of weight loss management professionals before entering the program.
- My goal is to lose weight and to keep it off! I agree to participate in and complete all phases of the program—Weight Loss, Refeeding and Maintenance (S.T.A.R.).
- I will attend weekly office visits.
- I understand that in the interest of my health I must maintain my weight loss once I reach my goal. Therefore, I am making the commitment to understand and practice the lifestyle changes presented in this program. If I find myself having difficulty, I will not hesitate to contact Dr. Liu's Office for assistance.

Involvement/Product

I agree to adhere to the program by being actively involved in the weekly office visits. I also agree to purchase and consume the amount of the NUTRIMED® nutritional products prescribed to me, as they may be my sole source of nutrition. I also understand that once I have purchased the NUTRIMED® products they are not returnable.

I understand that the NUTRIMED® Program requires the following services to make my weight loss effective and safe:

- Medical and psychological screening before I enter the program.
- Routine visits with a physician or physician assistant (at least once monthly.)
- Weekly office visits that include information on behavior modification, nutrition education and exercise with physician assistant.
- I will follow prescribed meal plan and consume daily requirement of NUTRIMED® nutritional products.
- I agree to purchase all of my weekly prescribed protein product from your facility.
- Individual consultation about program-related issues that may be initiated by the staff or by me.
- Weekly medical monitoring of my weight, blood pressure and weekly compliance to the program.
- Periodic blood tests and EKG monitoring at regular weight loss intervals.

I have read all the above statements and understand their meaning. It is my wish to participate in Dr. Joy Liu's Weight Clinic under the conditions described.

Patient Signature: _____

Date: _____

Staff Signature: _____

Date: _____

Patient Questionnaire for Dr. Liu's Weight Program

Name (last name and first initial):

Please complete the following (strictly confidential): Please fax to 916-983-8891 or email the form to info@drjoyliu.com prior to your initial appointment.

1. When did you begin to gain weight?
 After childbirth After marriage
 After an employment change
 During a stressful period
 Other
2. How long have you been overweight?
 1 year or less 2-5 years
 6-10 years 10 years
3. How many serious attempts have you made at dieting? _____
4. What other weight reduction methods have you tried?
 Weight Watchers Other diet centers
 Diet books Physicians
 Do it yourself
5. How long have you been able to stick to a diet?
 0-1 month 2-6 months
 7-12 months Over 12 months
6. What was your highest weight in the last 5 years?
_____ lbs.
7. What was your lowest weight in the last 5 years?
_____ lbs.
8. Why have you dropped out of diets before?
 Boredom Hunger
 Stress Need assistance
 Other _____
9. What do you feel is the reason for your weight problem?
 Frequently overeat Lack of activity
 Enjoy fattening foods Heredity
 Other _____
10. How many meals do you eat daily? _____
9. Why do you eat other than hunger?
 boredom at social events
 loneliness as a reward
 stress/emotional _____
12. What is your current exercise schedule?
_____ minutes for _____ times a week by _____
13. Do you have any physical problems that you know are associated with your weight?
 Yes No
14. Why do you want to lose weight?
 Promotes social activity Health reasons
 Special Occasion _____ Appearance
 To please family/friends
 Other _____
14. What are your obstacles in weight loss?
 stress cost of program
 frequent traveling for work time limitation
 inability to exercise work
15. My medical condition:
 high blood pressure gout
 high cholesterol gallstone
 diabetes celiac disease
 heart disease food allergy to _____
 arthritis sleep apnea
16. I feel:
 fatigue depression
 weight gain joint pain
 back pain low confidence
17. What is your goal weight? _____ lbs.
18. When do you want to start the program?
 Now later _____
19. Are you okay with using replacement meal?
 Yes No
20. Do you have someone who is supportive in your weight loss journey? Yes No
21. How important is it to you to lose weight? On scale of 0-5 (5 is very important) _____ out of 5.