

MEDI
of East Texas, LLC *trim*



www.meditrimllc.com

MediTrim of East Texas, LLC
was started over 30 years ago helping
patients LOSE weight!
Our program continues today helping
thousands of patients achieve and maintain
their weight loss goals!

With 3 locations to serve you:
Livingston 936-327-2565 Huntsville 936-295-0388
Lufkin 936-699-4933

MediTrim uses a lipotropic injection, or fat-burning amino acids, that helps the body break down fat better than exercise alone. Along with a low-fat, low-calorie diet the average weight loss is 2-4 pounds per week.

Our personal one-on-one service with you, the patient, is to assist you in reaching your weight loss goals and maintaining your weight. We are here to help and support you!

Check us out on [Facebook](#) and keep up with what is going on at [Meditrim](#). We offer new recipes and tips for weight loss. Don't miss out!



The **Meditrim** Program:

Your visits are weekly or bi-weekly
Each visit includes weight, your products
(injection, a multi-vitamin, and an aid for
appetite control, if needed) and address any
concerns you may have. The medications are
distributed at our office, so no need to go to the
pharmacy!

**We encourage 3 meals per day as well as an
afternoon snack.**

**Calories should be kept between 1200-1400
calories per day for women and between 1600-1800
calories per day for men. Both men and women
should keep their total fat grams per day at or below
25 grams.**

**Bodies in motion, stay in motion, so let's get
moving. To lose weight we must burn calories.
The best way to do that is to include 20-30
minutes of a daily, moderate exercise.**

Not only does the lipotropic injection **Meditrim utilizes
help you lose weight, but there is also a significant loss of
inches due to the increase in lean muscle mass....so don't
forget to measure that waistline. Body measurements
should be repeated every 8 weeks.**

What Exactly Should You Measure?

The most common measurements include the circumference of your chest, biceps, waist, hips and thighs. Sometimes the neck, forearm and calf are also measured.

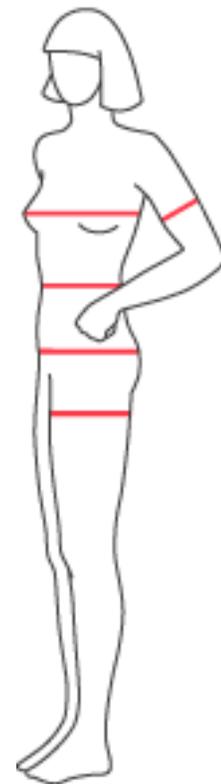
Chest: Measure around the largest part of your chest.

Biceps: Measure midway between the top of your shoulder and elbow.

Waist: Measure at the narrowest point, approximately one inch above your belly button. No cheating! Don't pull in your belly or stick it out.

Hips: Measure your hips around the largest part of your buttocks with your heels together.

Thigh: Thighs are measured separately. Stand with your legs slightly apart. Measure your upper leg where the circumference is largest.



TIPS

- * **Take the vitamin one time a day with food**
- * **Take the appetite control aid daily as needed**
- * **STOP** eating when you feel full.
- * **Use a smaller plate.**
- * **Share a meal when eating out.**
- * **Keep a daily Food & Exercise journal. This will help keep you on track. Use the**



<https://www.myfitnesspal.com/> app to help you keep you on track.

* **Drink water: Many of us mistake hunger, thinking we want food when actually our bodies are craving liquids. Try a tall glass of water before diving into food.**

* **Pick sweet & crunchy foods like apples & carrots for that perfect combo of flavor and texture to make you feel satisfied.**

* **Go NUTS for nuts!! A handful of raw almonds or walnuts will help you feel full and provide good fats.**

TIPS

***Less isn't more: Never let your calorie intake go below 1,000 calories per day. Food fuels the body. When you deprive your body of fuel, it slows down to conserve energy.**

***Don't skip breakfast: Eat your first meal within 90 minutes of waking. This is a pick me up for your metabolism.**

***Add protein to every meal: Lean proteins keep you fuller longer and have a high thermal effect, meaning you burn more calories digesting them.**

***Remember to eat most of your calories for breakfast, lunch, and snack, then a lean, low-fat dinner. Dinner should be a lean meat and vegetables.**

Tips

***Drink a large glass of water before every meal. No excuses.**

***Don't drink your calories.**

***Eat an apple & berries every day. Every single day.**

***Eat 30-50 grams of fiber every day.**

***Avoid carbs after lunch.**

***Be a vegetarian one day a week. No meat.**

***Learn to read food labels. Know what you are eating.**

***No fried foods or fast food.**

***Substitute sweet potatoes for white potatoes.**

***Make your own meals and try to eat at home at least 10 meals a week.**

***Go to bed a little hungry.**

***Get your sleep.**

***Splurge meal one day a week.**

***Healthy Snack Ideas:**

Small Banana

½ c low calorie fruit sherbert

1c non-fat yogurt

1c watermelon

6 vanilla wafers

1 Slim-Fast shake or a protein shake

1 1/2c non-buttered popcorn

1 low-fat granola bar

1/2c fresh pineapple

1 medium peach, apple, pear, orange

1 small bunch of grapes (10-12)

***Healthy Ranch Dip for veggies:**

1c plain Greek yogurt

1 TBSP Ranch Dressing dry mix

Mix well and enjoy!

Understanding FATS



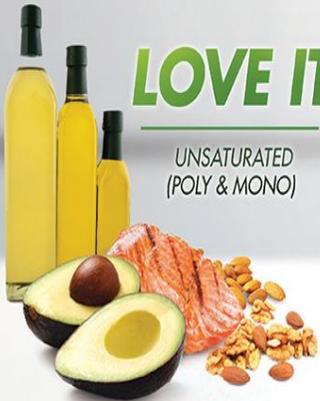
Healthy For Good™

THE FACTS ON FAT

The American Heart Association recommends replacing bad (saturated) fats with good (unsaturated) fats as part of a healthy eating pattern.

LOVE IT

UNSATURATED
(POLY & MONO)



- ✓ Lowers rates of cardiovascular and all-cause mortality
- ✓ Lowers bad cholesterol & triglyceride levels
- ✓ Provides essential fats your body needs but can't produce itself

LIMIT IT

SATURATED



- ✗ Increases risk of cardiovascular disease
- ✗ Raises bad cholesterol levels

LOSE IT

ARTIFICIAL TRANS FAT,
HYDROGENATED OILS
& TROPICAL OILS



- ✗ Increases risk of heart disease
- ✗ Raises bad cholesterol levels

EAT SMART ADD COLOR MOVE MORE BE WELL

LEARN MORE AT
[HEART.ORG/EATSMART](https://www.heart.org/eatSMART)



GOOD FATS		BAD FATS	
Monounsaturated	Polyunsaturated	Saturated	Trans Fats
<p>Olive Oil Canola Oil Sunflower Oil Peanut Oil Sesame Oil</p> <p>Avocados Olives Eggs (2 g MONO)</p> <p>Nuts: Almonds, Peanuts, Macadamia, Hazel, Pecans, Cashews Pistachios</p> <p>* most nuts are a mix of mono and poly</p>	<p>Soybean Oil Corn Oil Safflower Oil</p> <p>Walnuts</p> <p>Seeds: sunflower, sesame, pumpkin Flaxseed, Hemp, Chia</p> <p>Fatty fish: salmon, tuna, mackerel, herring, trout, sardines</p> <p>Soy milk Tofu</p> <p>Omega 3 / Omega 6</p>	<p>Animal sources (meat and whole fat dairy) and tropical oils. *Choose lean cuts of beef and pork > top, round, & loin</p> <p>Poultry skin</p> <p>Whole dairy: milk, cheese, yogurts, cream</p> <p>Butter Ice cream Palm/Coconut Oil Lard</p>	<p>Packaged foods/ snacks, look for and avoid:</p> <ul style="list-style-type: none"> • Shortening • Partially hydrogenated • Hydrogenated <p>Bakery products like cookies, pastries, doughnuts, muffins, cakes</p> <p>Stick Margarine and Shortening (*choose soft margarine in tub- look for trans free)</p> <p>Fried Foods-like french fries, fried chicken, chicken nuggets</p> <p>Candy bars</p>