



# Medi-Weight & Hydrate, LLC

## HOURS

*Monday & Wednesday: 9am-4pm*

*Tuesday & Thursday: 9am-6pm*

*Friday: 9am-1pm*

 *284 I-45 South Suite #2 Huntsville, TX 77340*

 *Office Number: (936) 295-0388*

 *Website: [www.mediweightandhydrate.com](http://www.mediweightandhydrate.com)*

 *Follow us on Facebook @Medi-Weight & Hydrate,  
LLC*

 *Follow us on Instagram @mediweightandhydrate*

**Medi-Weight & Hydrate 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 encourage and support you!**

**Check us out on Facebook and keep up with what is going on here at Medi-Weight & Hydrate. We offer many recipes and tips for weight loss! Check in the front office for new recipes and exercise plans! If you have any recipes or exercises, please feel free to share!**

## ***The Medi-Weight & Hydrate Program:***

**Your visits are weekly or bi-monthly. Each visit includes your weight, your products (injection, a multi-vitamin, & prescription only IF needed) and address any concerns you may have.**

**We encourage 3 meals a day as well as an afternoon snack. Calories should be kept between 1200-1400 per day for women and 1600-1800 calories per day for men. Both women and men should keep their total fat grams per day at 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 daily moderate exercise.**

**Not only does the lipotropic injection Medi-Weight & Hydrate utilizes helps 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.

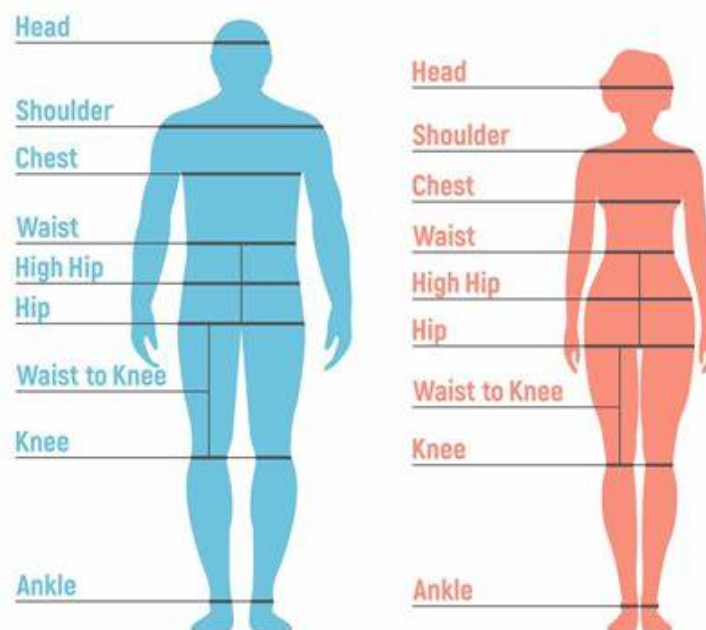
**Chest:** Measure around the largest part of your chest.

**Biceps:** Measure midway between the top of your shoulder & 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.

**Thighs:** Measure each thigh seperatly, stand with your legs slightly apart



# \*\*\*TIPS\*\*\*

- Take the vitamin that we give in office ONE time a day with food.
- Take the appetite control 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 app will help keep you on track: <https://www.myfitnesspal.com/>



- **DRINK WATER:** Many of us mistake hunger, thinking we want food when actually our bodies are craving liquid. 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 & provide good fats.



# \*\*\*TIPS\*\*\*

- Drink a large glass of water **before** every meal.
- **Don't** drink your calories.
- Eat an apple and berries **every single 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 or fast foods.
- **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**, one meal a week.



# \*\*\*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 up. This is a pick me up for your metabolism.
- **Add protein to every meal:** Lean proteins like fish & chicken keep you fuller longer & have a high thermal effect, meaning you burn more calories digesting them.
- **Remember** to eat most of your calories for breakfast, lunch, & snack. Then for dinner eat a lean, low-fat dinner, with a lean meat & vegetables.
- **Try to stop eating 4 hours before bed:** This will give your body time to digest what you have eaten.



# Healthy Snack Ideas:

- Small Banana
- 1/2 Cup Low Calorie Fruit Sherbert
- 1 Cup Non-Fat Yogurt
- 1 Cup of Watermelon
- 6 Nilla Wafers
- 1 Slim Fast Shake or Protein Shake
- 1 1/2 Cup Non-Buttered Popcorn
- 1 Low-Fat Granola Bar
- 1/2 Cup Fresh Pineapples
- 1 Medium Peach, Apple, Pear, or Orange
- 1 Small Bunch or Grapes (10-12)



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## \*\*\*Healthy Ranch Dip for Veggies\*\*\*

- 1 Cup Plain Greek Yogurt
  - 1 TBSP Dry Ranch Dressing Mix
- Mix well & enjoy!!





# Understanding FAT'S



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



<i><b>Monounsaturated</b></i>	<i><b>Polyunsaturated</b></i>	<i><b>Saturated</b></i>	<i><b>Trans Fats</b></i>
<ul style="list-style-type: none"> <li>• Olive Oil</li> <li>• Canola Oil</li> <li>• Sunflower Oil</li> <li>• Peanut Oil</li> <li>• Sesame Oil</li>   <li>• Avocados</li> <li>• Olives</li> <li>• Eggs (2g MONO)</li>   <li><b>Nuts</b></li> <li>• Almonds</li> <li>• Peanuts</li> <li>• Macadamia</li> <li>• Hazel</li> <li>• Pecans</li> <li>• Cashews</li> <li>• Pistachios</li>   <li>• Most nuts are a mix of mono and poly</li> </ul>	<ul style="list-style-type: none"> <li>• Soybean Oil</li> <li>• Corn Oil</li> <li>• Saltflower Oil</li>   <li><b>Seeds</b></li> <li>• Sunflower</li> <li>• Sesame</li> <li>• Pumpkin</li> <li>• Flaxseed</li> <li>• Hemp</li> <li>• Chia</li>   <li>• Walnuts</li>   <li>• Soymilk</li> <li>• Tofu</li>   <li><b>Fatty Fish</b></li> <li>• Salmon</li> <li>• Tuna</li> <li>• Mackerel</li> <li>• Herring</li> <li>• Trout</li> <li>• Sardines</li>   <li>• Omega 3/ Omega 6</li> </ul>	<ul style="list-style-type: none"> <li>• Animal Sources (meat &amp; whole fat dairy)</li> <li>• Tropical Oils</li> <li>• Choose lean cuts of beef &amp; pork &gt; top, round, &amp; loin</li>   <li>• Poultry Skin</li>   <li>• Whole dairy milk, cheese, yogurts, &amp; cream</li>   <li>• Butter</li> <li>• Ice Cream</li> <li>• Palm/ Coconut Oil</li> <li>• Lard</li> </ul>	<ul style="list-style-type: none"> <li>• Packages foods/ snacks look for and avoid:             <ol style="list-style-type: none"> <li>1. Shortening</li> <li>2. Partly hydrogenated</li> <li>3. Hydrogenated</li> </ol> </li> <li>• Bakery products like cookies, pastries, doughnuts, muffins, &amp; cakes.</li> <li>• Stick margarine &amp; shortening (choose soft margarine in tub- look for trans free)</li> <li>• Fried Foods like french fries &amp; fried chicken</li> <li>• Candy Bars</li> </ul>



# Benefits of Lipotropic Injections

