

Weight Loss

At The Weight Loss & Wellness Center at Solimar MediSpa, we know that one size does not fit all. We offer customized plans for Women and Men as well as our Modified Liquid Diet, Dr. Emma's Diet, and our Nutritional Ketogenic Diet that will help you start your new, thinner life. Your healthy weight loss is supervised within a safe, effective, physician-directed plan. You will be guided by our clinicians and medical staff. No secrets, just affordable, safe weight loss in a weight loss program customized just for you. Our programs are based on proven nutritional science and are medically designed by registered dietitians. You will learn to shop, cook, and transform your body through eating fresh delicious, whole foods.

Here is how the program works:

- First we test. We perform blood work (5 different panels), an EKG, blood pressure, body fat analysis, and take your personal medical history.
- See the Clinician. You will see one of our MDs or Nurse Practitioners for your first consultation. They will go over your test results and medical history with you and suggest one of our diets. They will also decide if you are a good candidate for appetite suppression medication. If so, it will be dispensed to you on-site.
- Weekly visits. They are not mandatory but we like to see you every week. You come in, we talk about your diet successes or problems, adjust the program and answering any questions you may have.

Our only focus is on you losing and then maintaining your weight loss.

Here are a few of our services:

Physicians, Nurse Practitioners and Physician Assistants

The staff of The Weight Loss & Wellness Center at Solimar MediSpa is highly trained in the field and are receptive to the needs of each individual patient. Our staff is comprised of doctors, nurse practitioners, physician assistants, and phlebotomists all possessing commensurate degrees and certifications.

Customized Programs to Fit Your Life

At The Weight Loss & Wellness Center at Solimar MediSpa you will receive a customized weight loss program that includes personal medical counseling from a physician and dietary counseling from a licensed, registered dietitian. We will monitor your progress and make the necessary adjustments that will allow you to best achieve your short and long term goals. Although our primary goal is to help you reach your target weight quickly and easily, the focus of care is to allow you to maintain your weight loss permanently so that you will not put the weight back on after you complete our medical weight loss program.

Our weight loss clinic offers the latest FDA-approved weight loss prescription medications along with B12 and Lipo-B injections. Our optional nutritional products are available only from medical doctors. You are serious about losing weight and weight loss is all we do. You will find our weight loss doctors and dietitians to be experts on weight related illnesses, obesity, nutrition, fitness, prescription medications and behavioral motivation and modification.

Weight loss is hard. The Weight Loss & Wellness Center at Solimar MediSpa is easy. Call us today and let's talk about your lighter, brighter future.

Daily Diet and Exercise Emails

No matter what program you choose you can receive an email each day of your diet. All emails are specific to your particular nutrition plan for the day and contain cartoons and inspirational quotes for fun and motivation. We will even send you daily exercise suggestions that can help you get moving in the right direction.

Full Blood Analysis

By running your blood work, our staff can begin to help you achieve your weight loss goals. We will perform a complete metabolic profile (CMP), a complete blood count (CBC w/differential), a cholesterol and triglyceride test (lipid profile), and thyroid tests (TSH, Free T-3). These tests ensure that the medical weight loss program is safe and will be effective for you specifically.

Body Fat Analysis

Our doctors determine body composition by an accurate technique known as Bioelectrical Impedance Analysis, which sends a harmless amount of electric current through a person's body. The current calculates your percentage of body fat by "reading" amount of fat body mass and lean body mass in your system. The currents measure the opposition that it must travel through, which in turn measures your total body water. Your body can hold more water when it has more muscle, allowing the current to flow through more easily. The total body water count is then used to determine the amount of fat-free body mass, leaving the amount of actual body fat when subtracted from your weight. Bioelectrical Impedance Analysis is a painless and very precise measure that our medical weight loss center use to put you on your way to healthy weight loss.

Electrocardiogram (EKG)

An Electrocardiogram (EKG) records the electrical voltage from

the heart in the form of a continuous strip graph. It is the prime tool in the screening and diagnosis of cardiovascular diseases. The medical doctors in our physician weight loss clinic require this test each of patient. Safety is our number one priority.



In-House Pharmacy

The Weight Loss & Wellness Center at Solimar MediSpa has a pharmacy on location for your convenience. All of our physician's medications are from DEA-approved pharmaceutical manufacturers. We have over 20 types of appetite suppressant medications and medication combinations to suppress your appetite while on your weight management plan. Our medical weight loss center dispenses medications on site.

Diverse Meal Plans

At The Weight Loss & Wellness Center at Solimar MediSpa we know that one size does not fit all. We offer customized plans for [Women](#) and [Men](#) as well as our [Modified Liquid Diet](#) and [Dr. Emma's Diet](#) for a quick start to your new life.

And now, all of our plans come with our Daily Diet Email!

No matter what program you choose you can receive an email each day of your diet. All emails are specific to your particular nutrition plan for the day and contain cartoons and inspirational quotes for fun and motivation. We will even send you daily exercise suggestions that can help you get moving in the right direction.

Food Supplements

For those who are constantly on the go and feel they don't have time to eat a healthy, balanced meal, The Weight Loss & Wellness Center at Solimar MediSpa also offers food supplements in the form of delicious shakes, cookies, bars and soups in an assortment of flavors. Our protein products are

specifically designed to go along with our custom diets. Our staff has personally tasted every single product on the market, and we only sell the best tasting products to help you reach the goal of your custom diet.