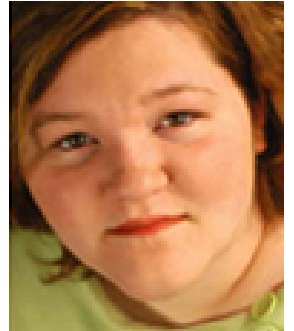


# Women's Programs

If you are looking for a weight loss program for women that works, you've found it.



Most of our patients are women and we know women want to lose weight for very different reasons that are all very important. Some of the reasons we have seen from our women patients are medical concerns, not wanting to buy a new, larger wardrobe, wanting to get into "skinny" jeans, planning for weddings (planning for divorces), family reunions, summertime vacations or anytime vacations, pains in the knees, pains in the feet and pains in the neck, their other doctors told them it was time to get serious and just plain sick and tired of being sick and tired. But whatever the reason our women patients come in our doors, they have made a decision and are ready to lose that weight once and for all in a safe and reputable environment.

Solimar MediSpa provides the education and support you need to reach and maintain your goals. We have the resources to help you achieve your ideal weight and body fat percentage. We have specific weight loss diets for you as a woman. After evaluating your needs, we will start the move towards a healthier you! In addition, we know you have a busy schedule and are more than happy to accommodate you.

Our balanced program for women begins with initial testing (blood work, EKG, urine analysis) and a visit with one of our providers. The provider will give you a personalized reduced calorie diet and appetite suppressants (if appropriate) from

our in-house pharmacy. You will then receive and email each day with a suggested menu, shopping list and suggested exercise regimen. When you get close to your goal weight we will modify your custom meal plan into a meal plan for life to keep you at your goal weight.

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## Postpartum Plan



At Solimar MediSpa, we understand that your time is limited as a new mother. Our goal is to assist you in dropping that stubborn baby weight through our weight loss programs for women. We provide unique exercise programs and meal plans that help you achieve an overall level of personal fitness and health.

New mothers can participate in our customized weight loss program as soon as six weeks after giving birth.