

**Benefits of weight loss**

Many of my patients taking prescription drugs for chronic conditions, such as diabetes and high blood pressure, have been able to reduce their dependency upon medications following significant weight loss. Considering the high cost of medications and associated testing, it becomes obvious that it is more cost-effective to promote health than to pay for illness.

Obesity has been linked to chronic pain syndromes originating from the spine, joints and other body parts. As such, weight loss is often recommended as part of the treatment regimens. Finally, weight loss also improves one’s mood and increases stamina.

**What to do next?**

If you are interested in learning more specific details about *Take Shape for Life*, please request additional program information. This will include a discussion of the food options and how to plan your daily meals. Most people go with a 4-week variety pack initially, but some things can be swapped out online at time of ordering. [I strongly advise to get at least 8 boxes of the bars to keep on hand for “emergencies.”]

Next, we’ll get together to begin the coaching. I’ll walk you through the program’s particulars and then place the first month’s order. We will make sure that all data is inputted onto the *TSFL* website correctly so that your progress can be monitored and we can coach accordingly. Call me when your first meals arrive and let the journey to better health begin!



Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report

BMI	HEIGHT	NORMAL	OVERWEIGHT	OBES	EXTREME OBESITY																																	
410"		91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258	
411"		94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267	
50"		97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276	
51"		100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285	
52"		104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295	
53"		107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	276	282	287	293	299	304	
54"		110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314	
55"		114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324	
56"		118	124	130	136	142	148	154	160	166	172	178	184	190	196	202	208	214	220	226	232	238	244	250	256	262	268	274	280	286	292	298	304	310	316	322	328	334
57"		121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	243	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344	
58"		125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	329	335	341	348	354	
59"		128	135	142	149	156	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365	
511"		132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376	
60"		140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397	
61"		144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	385	393	401	408	
62"		148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
63"		152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	280	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431	
64"		156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	329	338	344	353	361	369	377	385	394	402	410	418	426	435	443	

# Lose Weight the Healthy Way (and keep it off!)



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# The “Take Shape for Life” (TSFL) program

## **Why I became involved with TSFL**

I've devoted over 25 years to helping my patients live healthier lives. As a sports medicine physician, I've guided many towards fitness. On a daily basis, I watch patients struggle with their weight problems and associated conditions including diabetes, cardiovascular (heart and blood vessels) disease, and degenerative joint arthritis affecting the hips and knees, just to name a few. Despite being a runner and hiker for years, I, too, have had weight issues on and off as well. As such, I am able to relate to the many obstacles faced by my patients.

I decided to offer the *TSFL* program to my patients because there was need for such in the community. Patients who were looking for lap-band and gastric bypass procedures could not obtain authorization for same from their insurance companies unless they failed a six month medically-supervised weight loss program. I had been referring my patients to another physician 40 miles away. That distance (each way) was too onerous for some so, after careful deliberation, I decided to learn the program and offer it to my patients, as well as to others who might be interested. This is a proven weight loss program, one that has been employed by over 20,000 doctors since 1980 and clinically proven safe and effective by researchers from major university teaching hospitals including Johns Hopkins University.

## **How does it work?**

The science behind obesity and weight loss is complicated, but there is a simplified way of looking at it. Sugar is the major source of fuel for our bodies (not the only one, though - the body can also utilize fat and protein if necessary). When the body consumes various forms of sugar, the hormone insulin is secreted to keep its level under control in the blood, shifting the sugar into the brain, muscles, and

organs where it is needed. Insulin, however, has another important function from an evolutionary standpoint - it is also responsible for fat deposition as a source for future energy in times when food is scarce. Think hibernating bears. Fat gets deposited throughout the body - on the frame and in the gut and organs (such as the heart and liver). When we consume foods and drinks that stimulate insulin, we're helping to deposit fat in our bodies.

*Take Shape for Life* helps to achieve weight loss through four important physiological mechanisms:

1. Consuming less than 100 grams of sugar/day induces ketosis. During the first three or so days, the body's sugar store will become depleted forcing the body to switch to using fat as fuel. The body will then start burning off its own fat to function.
2. Consuming less sugar results in less insulin production thereby reducing fat deposition.
3. It restricts daily caloric intake to between 800-1000 calories/day. Many people with weight concerns overeat and the extra energy intake gets converted to fat by the insulin. Restricting calories ensures that the body will use its existing fat supply for fuel.
4. By eating a meal every 2-3 hours throughout the day, the body's metabolism doesn't slow down (as it normally would do to compensate during a fast).

[FYI: on this program, the average person loses up to 2-5 lbs per week.]

## **Why TSFL?**

In my opinion, the problem that many encounter when trying to lose weight on one's own is the difficulty in cutting down enough of the sugars needed in order to achieve

ketosis. Very few people, in my experience, actually weigh their food or accurately calculate their sugar/starch intake either when cooking for themselves or dining out. It's not that the calculations are hard; it's simply that it's too gosh darn inconvenient to do this all of the time.

This is where a medically-proven weight loss program such as *Take Shape for Life* shines. By including *Medifast* meals as the basis for most of the meals in the weight loss phase, the guesswork is removed. By following the 5+1 program as described in the “Quick Start Guide,” it is easy to stay within the dietary guidelines set by the program. The meals are interchangeable and are designed to keep the body in a fat burning state. This program is ideal for people who require structure in a diet.

## **After weight loss is achieved**

Weight loss is not the only benefit of the *TSFL* program. It is a total wellness program, but the focus is on weight loss first. This is akin to treating a patient with multiple addictions (e.g. tobacco and alcohol use) as it is difficult to treat both at the same time. Each problem must be handled one at a time. [An excellent recommended read is [Dr. Wayne Scott Andersen's Habits of Health.](#)]

## **What does it cost?**

The *Take Shape for Life* program is also cost-effective. There are no membership costs. *Medifast* meals cost only \$2 each, so the daily cost would be \$10 plus the cost of the lean and green meal that you prepare yourself. (This is a really good value – I spend nearly that when I go out for lunch!) Do the math yourself – figure out what you normally spend for food on a monthly basis at the supermarket and at restaurants. It's hard to beat the monthly cost and convenience of *Medifast* meals.