



Welcome!

Are you interested specifically in weight loss at NSWM? You are in the right place!

I want to ensure our initial consultation addresses your needs and concerns, so please take a moment to read through ALL of the tabs under the Weight Management Programs on the website.

The first thing we want all potential patients to understand, is that sustained weight loss IS possible, and the best chance of success is to be right here reading about *medical weight loss*. Programs like ours require a higher level of commitment than weight loss clinics that are not part of a medical practice. Most of our patients have tried other methods to reach a healthier weight, and we understand it's a long and frustrating road. We also understand the science behind weight loss and weight gain, and what is absolutely necessary to reach a healthy weight and STAY THERE. All of our programs will require tracking of your intake- both food and water. You will use a body-composition scale that connects to our NSWM App using your smartphone. This allows us to monitor your progress on a frequent basis. This regular accountability has proven to be an essential element in successful weight loss and maintenance.

The second thing to consider is the two main programs we offer:

1. All grocery food- you will be planning and preparing all your own grocery food as laid out by our Director of Nutrition.
2. Meal Replacement- some or all of your daily food is replaced by New Direction protein shakes/soups/bars. These are high quality medical-grade supplements used in our medical weight loss programs to allow safe, nutritionally complete and more efficient weight loss.

Some of our new patients are initially resistant to the idea of high protein meal replacements for weight loss- and it's almost always due to misconceptions about how and why they are used.

See our Weight Loss FAQs for more about meal replacements and our programs.