

## Personal Testimony

I have struggled with weight my entire life, peaking at 275lbs after optometry school. A picture at that weight became my breaking point, prompting me to start calorie counting and being mindful of my diet, which helped me drop to 220lbs in five months without medication. After gaining weight during pregnancy, I reached 237lbs. Realizing I needed to prioritize my health for my child, I started the journey again. I was finally at my goal of 175lbs and feeling great. Life happened and another pregnancy brought me back over 200lbs. However, the motivation from my previous progress keeps me focused. I'm still working toward my goal weight, emphasizing that it's a lifestyle change, not just a diet. You can achieve your goals, and we're here to support your journey to better health.



33 East Main Street  
Everett, PA 15537  
(814)652-6221

Schedule a complimentary  
consultation and we will help you  
find the perfect program for your  
goals.

Let's start your weight loss  
journey together!

\*In-house financing available-  
Scan the QR code below to check  
your approval amount.



## WEIGHTLOSS PROGRAM

# MIC INJECTIONS

MIC injections support weight management and overall health. These injections aid in fat metabolism, boost energy, and may improve cognitive well-being. While they are not a standalone weight loss solution, they can enhance a comprehensive weight management program that includes diet, exercise, and lifestyle changes. Results typically begin after 30 days, with multiple injections needed for optimal outcomes.



# SEMAGLUTIDE/B12

Semaglutide, a glucagon-like peptide-1 (GLP-1) analog, improves glycemic control in patients with Type 2 diabetes. It has also shown significant potential for individuals struggling with weight loss, even those without diabetes. Semaglutide helps reduce appetite, control eating behaviors, and decrease food cravings, in addition to improving blood sugar levels. When combined with Vitamin B12, it enhances weight loss, boosts energy, and reduces gastrointestinal side effects.

# TIRZEPATIDE/B12

Tirzepatide offers numerous benefits for weight management, including appetite suppression, increased metabolism, and reduced cravings, making it easier to lose stubborn weight. When combined with Vitamin B12, it enhances weight loss, boosts energy, and reduces gastrointestinal side effects. Additionally, it supports cardiovascular health and is non-stimulating and non-habit-forming.

## A Side-by-Side Comparison of Popular Weight Loss Drugs

	DOSAGE	DOSAGE FORM	SUITABLE FOR LONG-TERM USE	EFFICACY*
Metformin**	1-2 DAILY		YES	
Contrave*** (NALTREXONE/BUPROPION)	2 DAILY		YES	
Phentermine (ADIPEX-P)	1-3 DAILY		NO	
Diethylpropion	1-3 DAILY		NO	
Qsymia (PHENTERMINE/TOPIRAMATE ER)	1 DAILY		YES	
Saxenda (LIRAGLUTIDE)	1 DAILY		YES	
Wegovy (SEMAGLUTIDE)	1 WEEKLY		YES	
Tirzepatide** (MOUNJARO)	1 WEEKLY		YES	

Not fond of injections? Ask our healthcare providers about oral weight loss medications.

# WEIGHTLOSS PROGRAMS

MIC Injection \$30

- ✓ 30-minute consultation
- ✓ Complete weightloss health evaluation
- ✓ Weightloss guide (add \$35)
- ✓ Weekly Visits

Semaglutide & B12 Injection \$150+

- ✓ 60-minute consultation
- ✓ Complete weightloss health evaluation
- ✓ Weightloss guide
- ✓ Monthly Visits/Nutrition Support

Tirzepatide & B12 Injection \$350+

- ✓ 60-minute consultation
- ✓ Complete weightloss health evaluation
- ✓ Weightloss guide
- ✓ Monthly Visits/Nutrition Support