



Why Weight, LLC
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The Why Weight Difference:

First and foremost: Debra Salter, M.D. is board certified in obesity medicine (American Board of Obesity Medicine). See a specialist if you struggle!

Second, it is important to understand that for some, weight loss is simply a matter of eating less and exercising more. For them, any of the latest diet fads will allow them to lose unwanted pounds. However, for those who have tried all the fads, and lose weight only to regain what they lost and more, become less healthy every time they diet, cannot get fat off undesirable areas, have parents/children who also struggle with obesity or diabetes, we have the answers those patients need. We can help them understand why they hold onto weight when others don't, why they struggle with cravings, why they battle hunger, why they store their fat where they do and why it is difficult to lose from those sites. More importantly, once understood, we can actually help those patients lose the unwanted pounds from where they want them gone while simultaneously making them healthier. With underlying medical issues corrected or understood, the weight loss can finally be sustainable.

As a board certified obesity medicine physician, Debra Salter, M.D.'s teaching and treatments are based on scientifically proven techniques, which we individualize for our patients' success. At Why Weight, our programs combine traditional medicine and holistic therapies to optimize weight loss and health management. Since not every patient will respond to the same types of treatments, our team is skilled in developing individualized programs based on our patients' needs and goals. Combined with their efforts, we work diligently to guide them toward achieving their weight and health goals.

So what do we evaluate, monitor, and treat?

1. **Bio-impedance scale** to monitor weight, fat-free mass %, total body fat % and water %
2. Height and weight with BMI calculation, and Resting Metabolic Rate if indicated
3. Inch Measurements with starting and intermittent progress photos for reference points.
4. **Verju Green Laser:** FDA approved for targeted fat and inch reduction
5. Lipid abnormalities, hormone imbalances, vitamin deficiencies, genetic deficiencies, endocrine/diabetic/thyroid/adrenal abnormalities, inflammation, sleep disorders including apnea, mobility deficits, eating disorders, behavioral and stress disorders, societal and familial sabotage, and more. Any or all are explored to assure long term success.
6. **Lipotrophic Injections** to facilitate fat loss when indicated.

Why Weight is here to help you attain sustainable health and weight loss goals! Call Today!