

Discover A New You with our

## Medical Weight Loss Program

*"A comprehensive, physician-supervised, holistic approach to weight loss."*

Our medical weight loss program is a comprehensive physician supervised holistic approach to weight loss that considers overall health, a full set of lab work, hormone balancing and a highly effective fat burning phase to maximize your weight reduction and wellness. Everybody has different needs and our physicians will work with you (including your current health and lab work) to develop a set of customized protocols that work best for you. Because the focus of this program is on your overall health while utilizing a whole-foods diet, there is an added benefit of cleansing and detoxification. Our patients utilize these programs to recalibrate their approach to eating and lifestyle while capitalizing on the efficient fat burning abilities of hCG to maximize weight loss.

Find a new you with Santé in 2019!

The team at SANTÉ Aesthetics & Wellness uses a holistic approach to weight loss, considering all aspects of your emotional and physical health, diet, and exercise as they work with you to create a weight loss plan.

### Our specialized services include:

#### Whole food diet

You'll receive information about all the diet basics, from setting calorie goals and determining food intake, to planning a healthy diet. However, we go a step further by teaching about a whole food diet. You don't need to buy prepared meals or meal supplements. Instead, you'll learn how to buy nutrient-rich foods and prepare them at home.

#### Customized Prescription-Based Supplements and "Skinny Shots"

The doctors at SANTÉ will assess your overall health picture and determine what would

best support your individual weight loss goals and support detoxification throughout the process.

### **Accelerated Fat-Burning Phase**

To jumpstart your weight loss, if it is appropriate for you, the team at SANTÉ Aesthetics & Wellness may include an effective fat-burning phase in your weight loss plan, which includes a proprietary customized hCG 3, 6, or 9-week plan where it is possible to lose 15, 30, or 45 pounds in a matter of a few months.

### **Included in the hCG Program:**

\* Proprietary weight loss materials in a paperback book that will provide you with everything you need to reference throughout your plan.

\* All injectables including the prescription based hCG, our "Skinny shots" and the supplies necessary to utilize them. Our doctors will train you how to do the painless sub-cutaneous injections in the convenience of your home.

\* Three 30 minute sessions, per 3-week course with one of our Doctors to guide you through the program. (additional medical appointments may be required based on what is found in the comprehensive analysis of your personal health assessment, most major medical insurance accepted. Labs required to participate in the program not included in costs as those vary per individual).

## **Sign up in the month of January and you will also receive:**

- A paperback copy of "The Forever Fat Burner: The Secret to Optimizing Your Health, Longevity, and Body Composition " by Dr. Linne Linder (\$14.99 value)
- A complimentary Lymphatic Drainage Massage (including a 1-hour spa session) during the fat burning portion of your program

to facilitate clearance of fat from the system and enhance detoxification (\$110 value)

- A complimentary follow-up session during the maintenance phase to support you in keeping your weight loss off (\$85 value)

## What is hCG?



HCG stands for Human Chorionic Gonadotropin, a hormone naturally produced by the placenta in pregnant women and almost completely controls the metabolic function through the hypothalamus throughout the pregnancy. Contrary to popular belief, however, the hCG used in the hCG protocols is a variation of the hCG form used for fertility treatments, and in a much smaller dose. All hCG used for medical purposes is synthetic, created in laboratories from sterile cells. It is NOT extracted from women or animal urine which has been a known misconception. If you are seriously overweight, the hCG Diet may just be what you're looking for. hCG Dieters lose an average of 1 to 3 lbs per day while modifying their metabolism and eating habits for long-term results.

"The Forever Fat Burner: The Secret to Optimizing Your Health, Longevity, and Body Composition" by Dr. Linne Linder N.D.



*"Providing real-world techniques that patients can apply for immediate empowerment and success in supercharging their health and well-being"*

-Linne Linder N.D.  
Author

Welcome to your one-stop-guide to help you develop the skills necessary to navigate your body's response to food and fitness. With these tools, you create the best diet and exercise routine for your unique genetic blueprint.

Here is what The Forever Fat Burner is helping many others to achieve:

- Learn how to use cognitive science to change your mindset; and therefore, achieve success where you have previously failed.
- Learn how to clear away old habits that are preventing you from achieving your goals.
- Identify the hormones responsible for weight gain and the dreaded plateau. Increase your weight loss potential by manipulating your hormones through small—but significant—changes.
- Learn why intermittent fasting works for some folks and not others.
- Create an individualized approach to maintaining weight loss after a medically assisted program (i.e. hCG).
- Feel empowered and skilled in the ability to identify your roadblocks and take control of your weight loss, once and for all.
- Apply a realistic and functional approach toward nutrition that will assist in correcting the imbalance in your body's ability to burn fat and to heal metabolic damage.
- Savor the many nutritionally dense recipes that have become staples in Dr. Linder's diet, including chocolate truffles, crustless quiche, eggs Benedict, crab cakes and more!
- Utilize a step by step guide to help you determine if you need to lower or increase your carbohydrate intake and how to do so safely.

- Incorporate daily detoxification methods.
- Take creative action steps toward achieving success in all of your physical goals.
- Utilize tons of tips, tricks, guides and printouts to help you on your journey toward an improved body.

This method of self-guided nutrition and exercise will help you lose weight, gain energy, improve your mindset and turn you into the ultimate fat-burning machine, without deprivation!

For more information on hCG and our other Medical Weight Loss Programs that do not involve hCG visit our website to find FAQ's and More information at:

<https://www.santepdx.com/contents/wellness/medical-weight-loss>

## hCG Program Results





*"The medical weight loss detox & cleanse administered by Dr. Wiggins at Santé was a health game changer for me. I lost over 30 lbs, kept it off, and most importantly, significantly reduced my blood pressure and changed the way I think about food.*

*Thanks, Team SANTÉ!"*

*- Tiffany S.*