

Excess body fat around your waist? Shortness of breath? Back and joint pains? Excessive sweating? Constantly feeling fatigued? **These are all symptoms of Obesity.**



Functional Weight Management Program



Contrary to popular belief,

Obesity is not just about food and exercise. While methods of weight management include eating a healthy diet and increasing physical activity levels, it also includes looking at the interaction among genetic, environment and lifestyle factors that can influence long term health.

Functional medicine approach in managing obesity supports the unique expression of health and vitality for each individual.

A hand is shown resting on a blue fabric surface. A white measuring tape with red markings is visible, showing numbers like 42, 43, 48, 49, 50, and 51. To the right, there is a 3D model of a coronavirus particle, which is spherical with a grey core and red, spike-like protrusions. The background is a light grey gradient.

Obesity and Covid19 - The perfect storm!

Obesity is the #1 reason why Covid19 kills because of the health issues that go along with it.

Morbid Obesity has been linked to 12 chronic debilitating diseases such as Heart Disease, PCOS/Infertility, Cancer, Diabetes, Peripheral Arterial Occlusive Disease, Fatty Liver, Stroke, Gallstone, OSA (Obstructive Sleep Apnea), Hypertension, Osteoarthritis, and Pulmonary Embolism.



This program is best offered to those with Morbid Obesity (BMI > 35) and for those with Resistant Fat Loss (for those who tried multiple weight loss diet and regimen).

What is Obesity?



Obesity is the result of eating more calories than the body can burn or use on a regular basis. The body then stores the excess calories as fat. As the extra calories are consumed each day, the body continues to accumulate extra fat stores, leading to obesity and—in the most severe instances—to morbid obesity. Obesity symptoms have been identified as a precursor to many serious, and sometimes fatal disorders.

Address your obesity now and avoid spending on these 12 chronic diseases:



1. Diabetes
2. Hypertension
3. Heart disease
4. Fatty liver
5. Osteoarthritis
6. Cancer - prostate and breast CA
7. OSA or Obstructive sleep apnea
8. PCOS
9. Peripheral Arterial Occlusive disease
10. Stroke
11. Pulmonary embolism
12. Gallstone



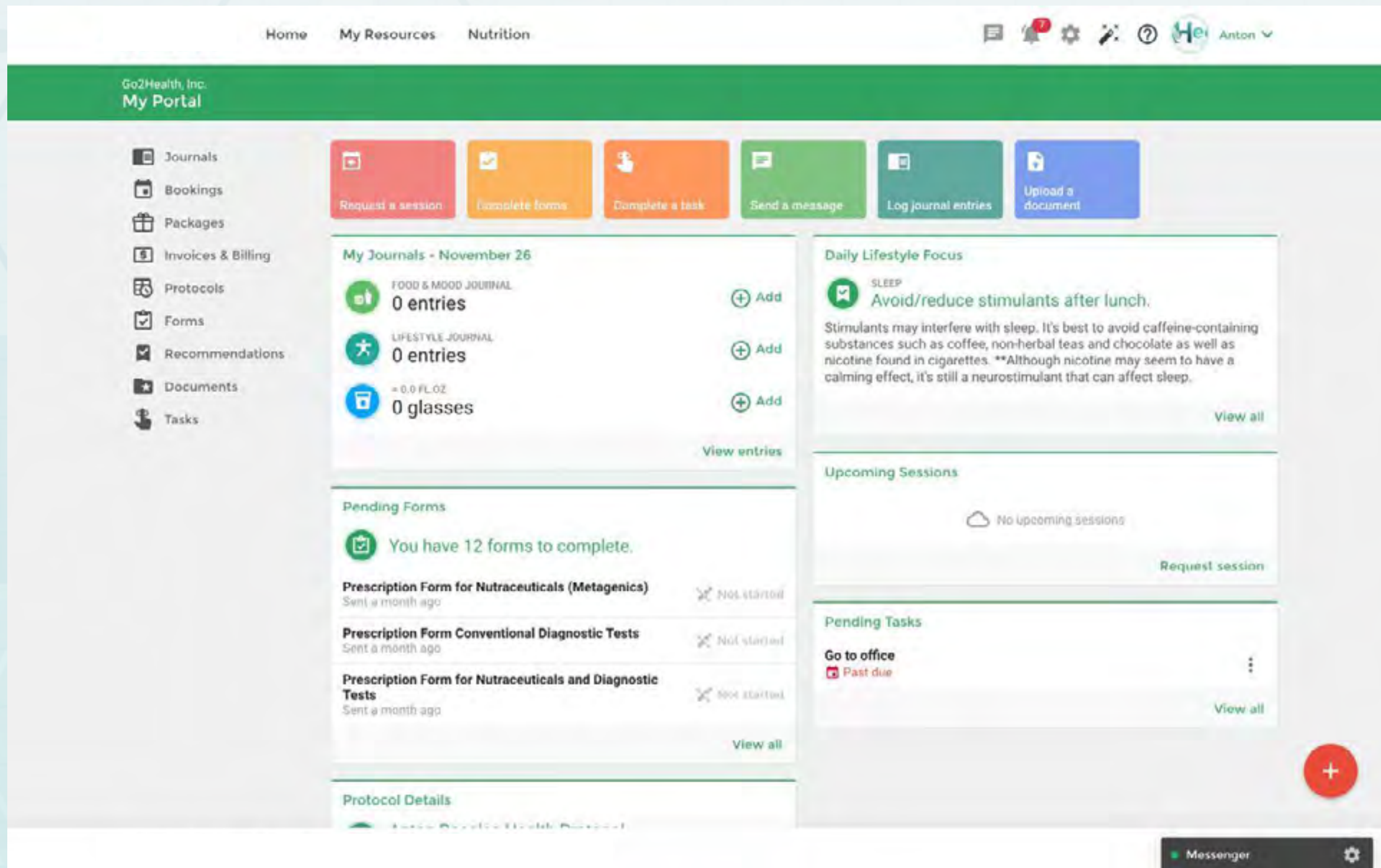
The Functional Medicine Approach in a Weight Management Program

- Functional Medicine addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership. It is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century.
- By shifting the traditional disease-centered focus of medical practice to a more patient-centered approach, Functional Medicine addresses the whole person, not just an isolated set of symptoms.
- Functional Medicine practitioners spend time with their patients, listening to their histories and looking at the interactions among genetic, environmental, and lifestyle factors that can influence long-term health and complex, chronic disease. In this way, Functional Medicine supports the unique expression of health and vitality for each individual.
- Functional Medicine is a personalized, systems-oriented model that empowers patients and practitioners to achieve the highest expression of health by working in collaboration to address the underlying causes of disease.
- Functional Medicine offers a powerful new operating system and clinical model for assessment, health management, and prevention of chronic disease to replace the outdated and ineffective acute-care models carried forward from the 20th century.
- Functional Medicine incorporates the latest in genetic science, systems biology, and understanding of how environmental and lifestyle factors influence the emergence and progression of disease.
- Functional Medicine enables physicians and other health professionals to practice proactive, predictive, personalized medicine and empowers patients to take an active role in their own health.



Detailed components of our program:

1. **Functional Medicine Consultations, Case Analysis, and Food Management**
 - A. Diagnostic Tests such as (Not included in the costing but maybe prescribed by your Functional Medicine Doctor):
 - a. Hormone Work Up
 - b. Blood Test, Chemistry and Inflammation Work Up
 - B. Comprehensive Health Protocol
 - C. Medically Assisted Fasting Program (Optional and not included in the costing)
 - D. Online Sessions with Functional Medicine Doctor, Nutritionist, and Culinary Chef
 - E. Menu Plan - full board menu for 7 days per month
2. **Fitness and Weight Assessment and Management**
 - A. Anthropometrics and Body Composition analysis done regularly
 - B. Functional Fitness Assessment
 - C. Functional Fitness Sessions (Online)
3. **Nutraceuticals (1 set)**
4. **Sleep Assessment (Sleep Study Test work up - Optional and not included in the costing)**
5. **Duration of Program: 6 months**



Go2Health Digital Platform:

Go2Health utilizes an online client management platform where both the client and the health practitioners have direct access to each other (thru online messaging and email notifications). Coordination, daily reports and updates, records and files, are managed with ease and real-time.



Your Go2Health Health Care Team

- Functional Medicine Certified Doctor
- Functional Medicine Trained Nutritionist and Dietician
- Culinary Medicine Chef
- Mind-Body-Medicine Doctor
- Yoga Instructor
- Physical Therapist
- Acupuncturist



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Contact Us Now!

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