

REAL WEIGHT LOSS

DR. TORKAMAN'S
8 WEEK PROGRAM

IV

Lifestyle

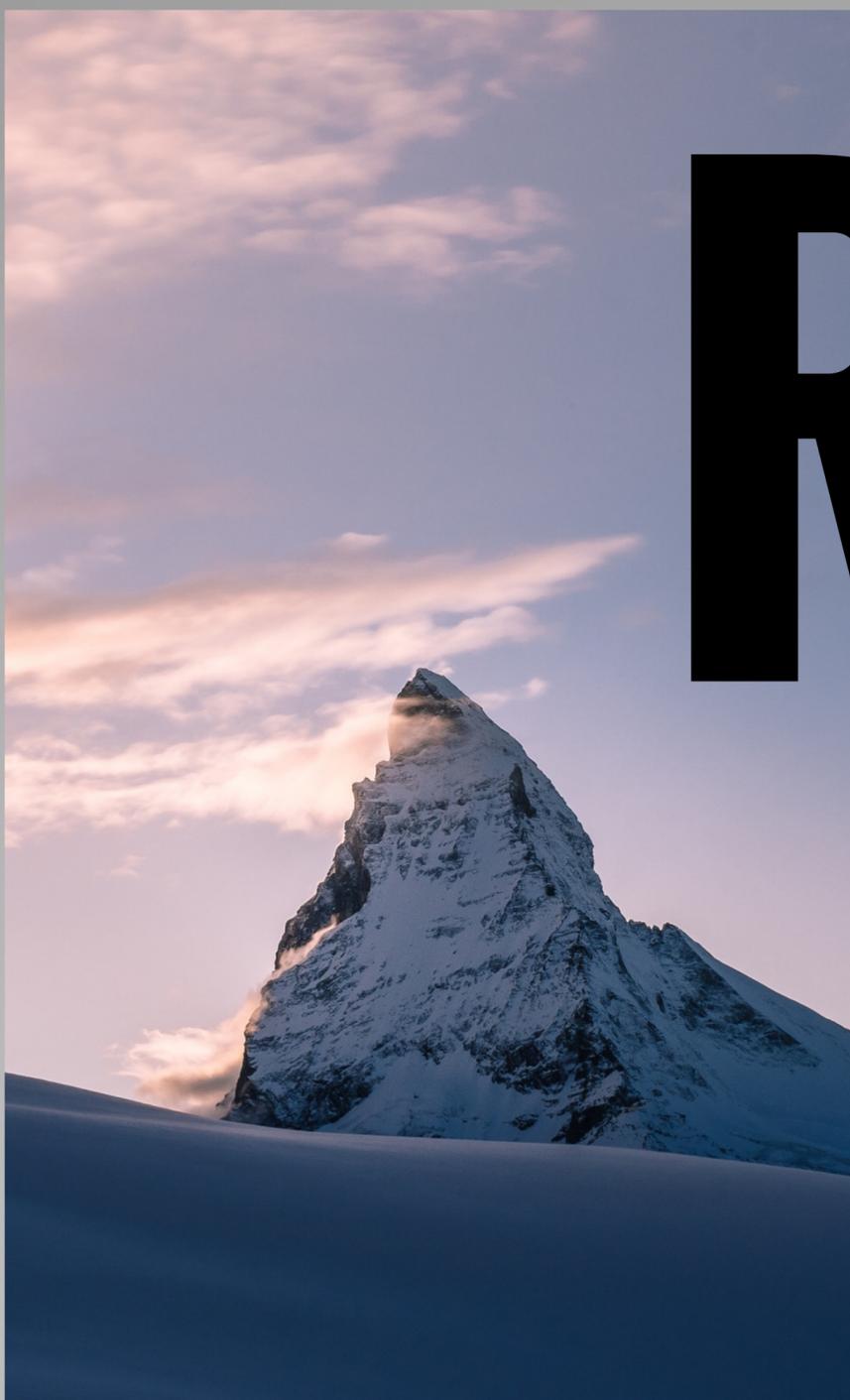
Acupuncture

Intramuscular Injection

Mesotherapy

Massage

Nutrition



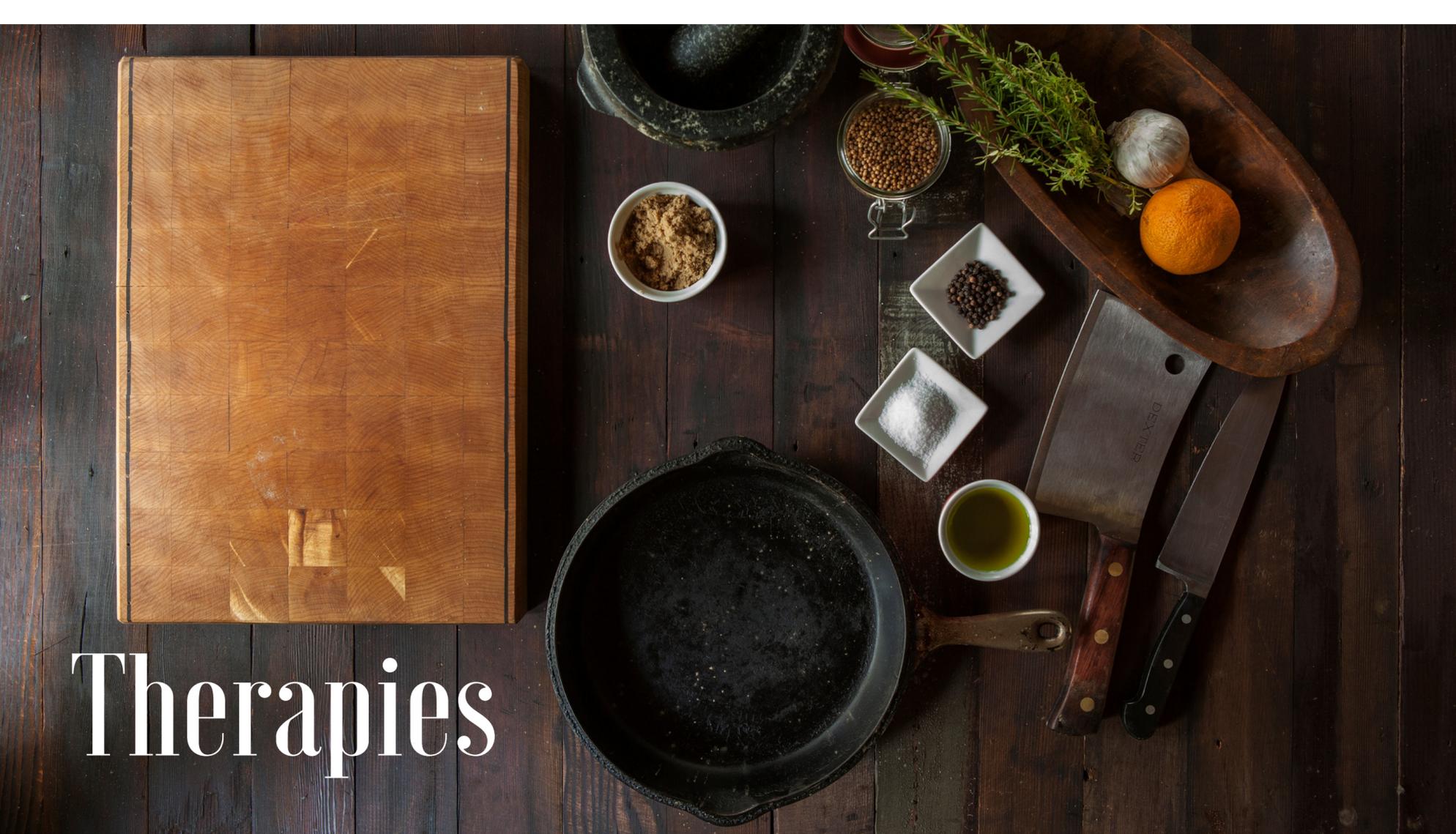
RWL

This is not a silver bullet. This is not a trendy diet, the latest “fat-melting” pill, or a “get ripped quick” exercise routine. This 8 week program is designed to address the **real** health issues you face that prevent sustainable, long-term shedding of unhealthy, excess weight.

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As a Naturopathic Doctor, Dr. Torkaman works with patients to understand their unique nutritional needs, boosts their fat-burning systems with integrative naturopathic therapies, and provides manageable lifestyle solutions.

Dr. Torkaman’s approach is focused on addressing major issues in the short term, to set patients up for long term success. This program is for people who want to address their excess weight issues at the root of the problem. This is **Real Weight Loss**.



Therapies

One important process of weight loss is the excretion of toxins in the body, through the bowels, urine, and sweat. Real Weight Loss includes combinations of therapies that help promote rapid detoxification, while boosting the body's metabolic and digestive systems.

Nutritional IV Therapy

High doses of vitamins and minerals are delivered directly to the bloodstream, facilitating the absorption of more nutrients than possible through the gastrointestinal system. Bodily functions are increased, including metabolism, and patients experience an increase in energy and decrease in chronic pain, facilitating both exercise and sleep.

Mesotherapy

The layer of fat and connective tissue under the skin is called the Mesoderm. Many people battling obesity and excess weight carry fat and tissue in specific areas, like the hips or stomach. Mesotherapy is a technique where medication is injected directly into the Mesoderm, increasing collagen production, tightening elastin fibres, and stimulating cellular activity. Burn fat while reducing wrinkles and cellulite.

Acupuncture

Specific energy pathways in the body are targeted with acupuncture needles, releasing “feel good” endorphins that can help curb cravings and excessive eating brought on by stress or anxiety. Acupuncture also helps balance, harmonize and regulate the kidneys and endocrine system to boost weight loss and detoxification functions in the body.

Massage

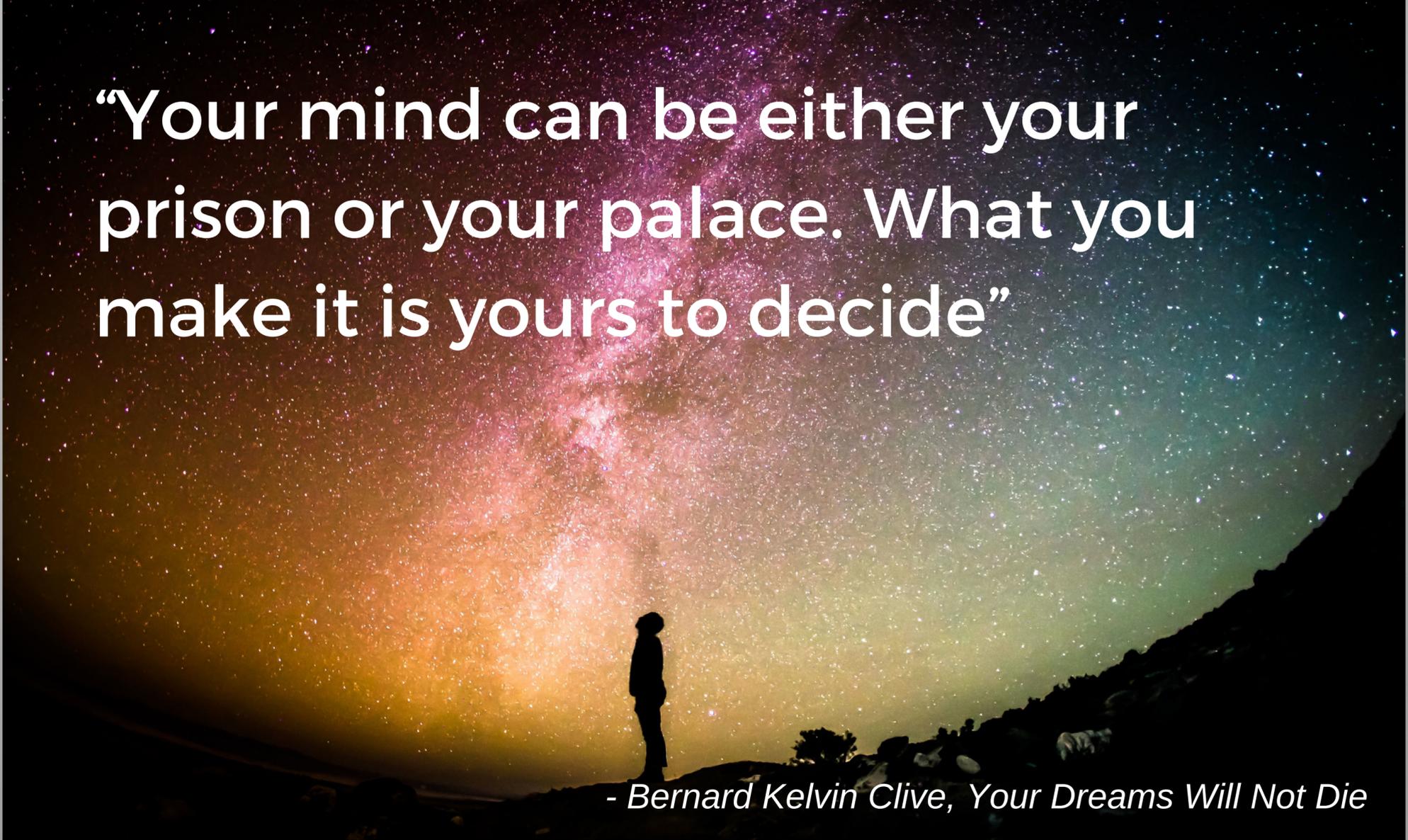
Our Registered Massage Therapist will relieve specific areas of chronic pain to support mobility and sleep, while increasing blood circulation, lymphatic circulation and relaxation - important components of metabolic function and weight loss.

Intramuscular Injection

A major component in the program is injections of Lipo-B - a mixture of compounds that aid in the reduction of adipose tissue (fat). Other injections might include B-complex and L-carnitine, which help boost metabolism and increase energy.

A vertical image of a night sky filled with stars. A bright, white meteor streaks diagonally across the center. The bottom of the image shows a dark, jagged silhouette of a horizon or landscape. The word "Mind" is written in white, bold, sans-serif font in the center of the image.

Mind



“Your mind can be either your prison or your palace. What you make it is yours to decide”

- Bernard Kelvin Clive, *Your Dreams Will Not Die*

Mind-Body Therapies

On the path to healthy weight, the mind can be one of the most difficult road blocks. Stress, anxiety and depression are powerful forces that can derail significant progress by triggering bad habits and destroying valuable momentum. For many, a critical step in achieving long-term weight loss is establishing a foundation of healthy mental habits and exercises.

In the Real Weight Loss program, Dr. Torkaman works with patients on their specific mental roadblocks and provides solutions that work for their unique lifestyle.

Mind-body therapies such as mindfulness and mindful eating programs, meditation, hypnosis, and biofeedback are popular strategies used to facilitate weight loss plans with a specific target on emotional eating patterns. Stress reduction and improved emotional regulation can potentially allow individuals to make better food choices, feel fuller faster, and recognize abnormal eating habits. By accessing the parasympathetic nervous system more often, the balance of stress hormones, including epinephrine and cortisol, can be shifted in a positive direction.

Lifestyle

A wide-angle photograph of a geothermal hot spring. The water is a milky turquoise color, and numerous people are seen swimming and relaxing in it. In the foreground, there is a dark, rocky shoreline with some white mineral deposits. The background shows a hazy, mountainous landscape with steam rising from the water, creating a soft, ethereal atmosphere. The word "Lifestyle" is written in a large, white, sans-serif font across the center of the image.

Lifestyle Solutions

The therapies, supplements and mind-body practices invigorate the patient, increasing energy, decreasing chronic pain and renewing motivation. This provides a window of opportunity to optimize certain aspects of the patients unique lifestyle. Dr. Torkaman's lifestyle solutions are completely customized to the individual to be organic and attainable.

The four foundational elements of a healthy lifestyle - stress, nutrition and eating habits, sleep and exercise - support each other when each is balanced, and negatively effect each other when they are imbalanced. Stress, for instance, increases cortisol, which can disrupt sleep. When sleep is disrupted, other hormones can become imbalanced leading to appetite changes, mood swings, etc. The four foundations are intrawoven in a complex feedback loop involving countless hormones and biochemical reactions. In order to achieve a healthy body mass, a patient must pay careful attention to the maintenance of these foundations.

Stress

Chronic stress messes with an individuals hormones - like serotonin and cortisol - causing imbalances in sleep, appetite, energy, sex drive, mood and emotions.

Nutrition and Diet

The implications of diet and nutrition on weight loss is painfully obvious. Less obvious though, are how to customize an approach to nutrition and diet that is sustainable, enjoyable and effective for the individual. Real Weight Loss focuses on the patients unique nutritional needs and eating habits, and provides realistic solutions.

Sleep

Lack of sleep is another culprit of hormone disruption. The quality and quantity of a patients sleep affects hormones that regulate energy, mood, emotions and appetite, so establishing a healthy sleep hygiene is a foundational element of a healthy lifestyle.

Exercise

Regular exercise helps regulate mood, emotions, stress, sleep and appetite. As with nutrition and diet, Dr. Torkaman's recommendations are tailored to the patients lifestyle so that they are enjoyable, effective and sustainable.

Plans and Pricing

Package 1

8 Weeks, \$800

- Initial Consultation + Physical Exam
- Vitals
- 7 Day Detox Diet handout
- Exercise recommendation
- Follow up on Diet and Exercise
- IM Injection x 6
- IV Therapy x 2

Save \$500.00

Package 2

8 Weeks, \$1,690

- Initial Consultation + Physical Exam
- Vitals
- 7 Day Detox Diet handout
- Exercise recommendation
- Follow up on Diet and Exercise
- IM Injection x 2
- Acupuncture x 7
- Mesotherapy x 5 (OR) IV Therapy x 5

Save \$650.00

Package 3

8 Weeks, \$1,890

- Initial Consultation + Physical Exam
- Vitals
- 7 Day Detox Diet handout
- Exercise recommendation
- Follow up on Diet and Exercise
- Acupuncture x 7
- Mesotherapy x 5 (OR) IM Injection x 5
- IV Therapy x 2

Save \$660.00

Other Options

Food Intolerance

8 Weeks, \$1,100

Package 1 + Food Intolerance Test

Save \$500.00

Acupuncture

8 Weeks, \$1,150

Package 1 + 30 minute Acupuncture x 6

Save \$500.00

Combo

8 Weeks, \$1,500

Package 1 +

Food Intolerance Test + 30 minute Acupuncture x 6

Save \$500.00