

Full Circle Weight Loss



Weight loss programs come in all shapes and sizes, yet their success rate is generally marginal, at best, especially for severely obese people. The most common problem is that the majority of programs have a very restricted scope and limited capability.

AMG's Full Circle Program is designed to close the loop and fill in the gaps that most programs miss in restoring your health.

What is Missing?

It is common knowledge that a good weight loss program needs to focus on two fundamental areas: activity level and diet. Exercise plans for weight loss focus on burning calories and fat, and diet plans focus on a low consumption of fats, carbohydrates, and calories. The problem is that, after many years of being overweight, many people have sustained so much internal damage from being overweight that their bodies can no longer function correctly in order to follow these plans. This usually leads to frustration because it seems like no weight plan works as advertised.

The internal damage we are referring to is most commonly revealed in three ways:

1. Inefficient circulation
2. Degraded digestive system
3. Damage to joints and ligaments

Without a plan to properly address these issues, weight loss programs become much more difficult than necessary. Your body is essentially trying to work on limited resources.

Why is Correcting the Damage Important?

Inefficient Circulation

Most people who suffer from obesity also suffer from high blood pressure, increased resting cardiac output, shortness of breath, and limited circulation to extremities of their body. These conditions result from various factors related to obesity including increased secretion of insulin, increased accumulation of inorganic materials within the arteries, and a poor diet.

The result is quite obvious in that exercise becomes very difficult for overweight people. Not only is their agility reduced due to being overweight but also their ability to function at the intensity levels required to lose weight is greatly reduced. This is why sometimes even the simplest exercise plan is very difficult to follow.

Degraded Digestive System

One common misconception is that a person suffering from obesity will be able to simultaneously engage in an exercise program to increase activity while trying to follow a limited diet without a large amount of difficulty. The reason is because a poor diet, which causes obesity, almost always also causes a degradation of that person's digestive system.

Food is broken down in the stomach but digestion occurs in the small intestine. Diets low in fiber, minerals, and vitamins and high in fat reduce the small intestine's ability to properly extract vital nutrients from food. As this happens, more and more food is necessary for your body to obtain the nutrient levels it should be able to extract from normal portions of food. This can then become a vicious cycle in which the food being ingested is constantly reducing the efficiency of the digestive system, which requires more food, but that same food further decreases the digestive efficiency.



The worst part about this is that the digestive system loses its ability to break down complex foods and fibers, allowing it to only process simple carbohydrates.

Damage to Joints and Ligaments

While this is a much less common condition among weight loss candidates, many people have suffered from obesity for so long that they suffer from chronic pain in their ankles, knees, back, etc. This makes it all the more difficult to engage in any sort of exercise program without causing even more pain.

AMG Full Circle Program

The Full Circle Program at AMG was developed from our vast experience in treating overweight patients suffering arteriosclerosis, hypertension, and diabetes. The program was designed as a three-stage program:

1. Damage Control: to revert the damage caused to your body over the years
2. Life-Style Reset: a complete nutrition and exercise program
3. Follow-up Procedures: to provide on-going support for your life change

By starting with damage control, our plan gives you the ability to start over and improves your chances for success with our nutrition and exercise plans.

Full Circle Plan 3 Part Approach

Damage Control

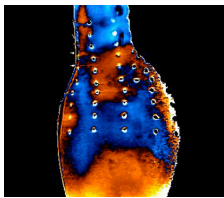
Life-Style Reset

Follow-up Programs



Full Circle Damage Control

As the name suggests, the first step of the program focuses on finding any damage your body has sustained from being over-weight and reversing it. The program is completely customized to your needs, but the general focus of the program falls on three key aspects: circulation, digestion and mobility. Without improvements in these three aspects of your health, you will find it difficult to stay on any diet or exercise plan that your doctor suggests.



Improve Circulation: the number one most common medical issue among obese patients is a lack of proper circulation. AMG's proprietary Advansol Chelation formula is the most advanced and effective treatment for removing harmful inorganic deposits from your circulatory system.



Improve Digestion: years of malnutrition and abuse of your digestion system result in a reduced ability to correctly digest food. Without the ability to digest even healthy food, your body will continually request more food because it cannot get enough nutrients from normal portions. Our treatments regenerate your intestinal flora and muscular tissue to properly digest food.



Joint Health: it is uncommon to find an overweight person who does not suffer from joint pain, most commonly in their knees, ankles and back. Our Live Cell therapy is extremely effective at stimulating cartilage and muscle tissue growth, along with repairing any damage to your ligaments. This treatment will make exercising much more enjoyable and enable you to maintain your new figure.

Full Circle Lifestyle Reset

At AMG, we don't do diets. A diet, by definition, is a momentary change in your food plan to bring about a desired effect. But diets are momentary, and true health requires a life-style change, one aimed at making permanent changes to the way you eat with the goal being more than just a rapid weight loss for summer time but rather a permanent change that will benefit you the rest of your life.

The AMG Full Circle Lifestyle Reset program evaluates all of your daily habits, diet plan, stress levels, and overall nutrition levels to put your health into your hands. We begin with a full analysis of your body's reaction to certain foods and nutrients, check for unknown allergies, and follow it up with tests to determine exactly what vitamins and minerals you need to focus most on.



Complete Dietary Plan: You don't have to look hard to find a diet plan. Just about any magazine now has some dietary trend information. But have you ever had one designed around you? Our dietary plan includes an allergenic study, hair analysis and blood work. We help you prioritize the changes you need to make so you can work your way around your obstacles, making the changes that are most effective for you.



Supplement Plan: Based on the allergenic study and hair analysis, we can tell you exactly what vitamins and minerals you need to revitalize your body. No guesswork and no cookie-cutter plans, you will get a complete plan based exactly on your needs.

Full Circle Follow-Up Programs

At Advanced Medical Group, we realize that the toughest times during a weight loss program are not in the first month when motivation is high and everything feels great. All programs reach a point where they feel impossible. During these moments, we are available for support, questions, or even to make modifications to your plan.