

About Right Weigh Clinic

There are many ways to lose **weight**, but to ensure **body fat** loss requires frequent body mass analyses and adjustments to your diet and exercise program.

At RWC, we weigh weekly on body mass analysis scales and make timely adjustments to your program to keep your body losing body fat and not just weight (muscles, water etc.)

RWC is dedicated to providing our patients with all the education and medical support necessary to obtain and maintain a healthy weight. We recognize the changes in food sources that have evolved over the past several decades and which changes are causing the obesity epidemic. It is as important to learn how to avoid these foods as it is to eat the proper nutrients.

Medical support can include prescription appetite suppressants, metabolic boosters, or medical supplements we have compounded for specific conditions such as diabetes, chronic fatigue syndrome and fatty liver disease.

Insulin Resistance Screening

1. Body Mass Analysis
2. Blood Pressure
3. Fasting Glucose
4. Fasting Triglycerides
5. Fasting HDL Cholesterol
6. Body Measurements
7. Screen for Acanthosis Nigricans
8. Medical History Screening



Empowering You Through Education and Medical Support

309 Airport Road
Suite B
Pearl, MS 39208

Phone: 601-936-2887

Fax: 601-936-2897

E-mail: info@rightweighclinic.com



Is Insulin Resistance (Pre-diabetes) Affecting Your Weight Loss Efforts?

Symptoms of Insulin Resistance

- Fatigue
- Brain fogginess, poor memory or concentration
- Low blood sugar
- Almost instant relief from moodiness or agitation when food is eaten
- Intestinal bloating
- Sleepiness, especially after eating meals
- Depression
- Weight gain (fat storage)

www.RightWeighClinic.com

Insulin Resistance

Insulin resistance is when the cells no longer get glucose efficiently because insulin is no longer functioning properly in our cells. Insulin is the hormone produced in the pancreas that regulates blood sugar (glucose). It shuttles glucose into cells of the body. When blood sugar goes up (from eating carbohydrates), insulin production goes up as well.

The Centers for Disease Control estimate by the year 2030, 42% of Americans will have type 2 diabetes

When our cells stop responding to insulin, our pancreas produces more and more.

Learning which foods cause insulin resistance is key to avoiding not only weight gain but more importantly, type 2 diabetes.

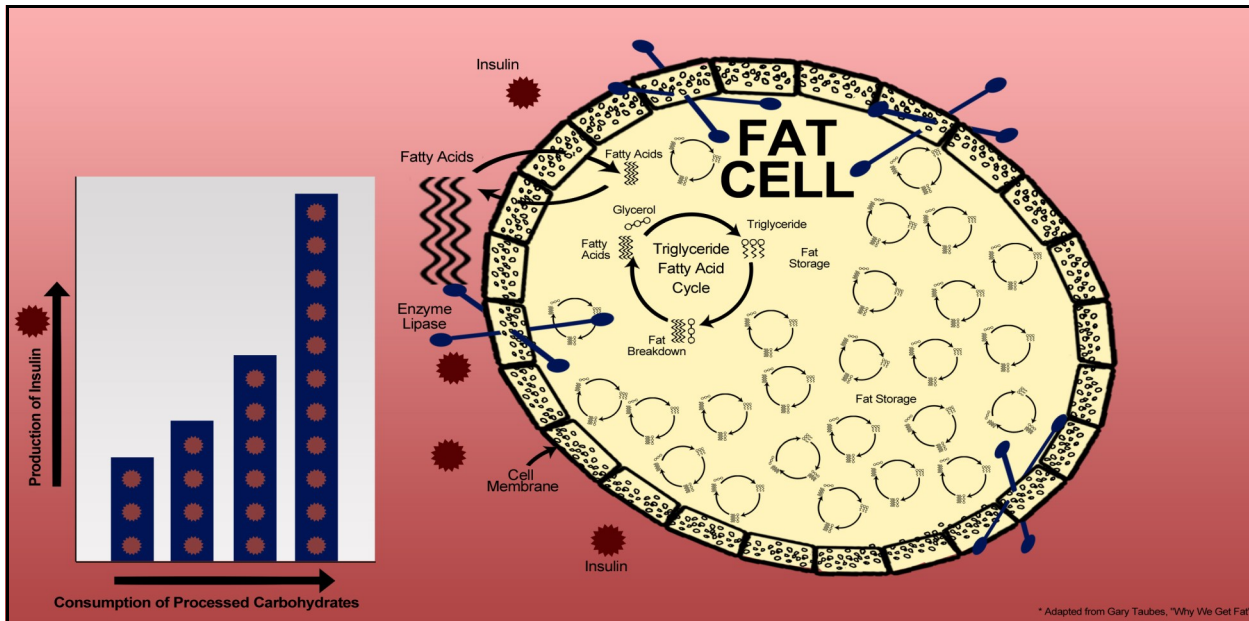
Processed grains and sugars are to blame. They are often marketed to children and as “heart healthy” or “12 different grains” etc.. It is very difficult to figure out what we should eat.

But if you are already insulin resistant, it isn't hard to learn to read the nutrition label and avoid ingredients that cause insulin resistance such as sugar, bleached or enriched flour, high fructose corn syrup and

The CDC estimates by 2030 42% of America will have type 2 diabetes! Type 2 diabetes is a completely avoidable disease..

Gauging Your Risk for Insulin Resistance

3 or More of these Criteria Put You At Risk



Dangers of Insulin Resistance

- Heart Attack (360% more likely)
- Stroke
- Peripheral Vascular Disease
- Obesity & Type 2 Diabetes
- Cardiovascular Disease