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&

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How implement a lifestyle nutrition metabolic weight loss & counseling program specific for your clinical philosophy and patient demographic

Statement of the Problem: Traditional approaches to nutritional counseling to instruct patients have typically incorporated generic pharmaceutical diet sheets and generic meal plans which can be overwhelming, too restrictive and have poor patient compliance. The prevalence of hyperlipidemias, insulin resistance, weight gain, obesity, pre-diabetes, fatigue, CAD arthritis and cancer are negatively impacted by a poor diet. 2 As practitioners we are faced with contradictory research, nutritional counseling is typically time consuming and it can be difficult to determine the best approach to instruct patients with long term effectiveness that incorporates lifestyle, metabolism 3, body composition, activity level, food preferences, behavior modification and not just exclusively rely on medications, hormones, meal replacements and/or diet supplements.

Methodology & Theoretical Orientation: A step by step approach to introducing or elevating a lifestyle nutrition metabolic counseling program for you community demographic fosting with healthy real food. This approach along with exercise has helped decrease insulin resistance, hyperlipidemias, fatigue and diabetes, cardiac and cancer risk factors and significantly decreases hunger, appetite and fatigue. Patients are motivated to incorporate lifestyle modificatins and respect a Non-dieting approach to weight loss and disease mangement and prevention. Clients are substantially more motivated and receptive to learn how to properly balance their blood sugars rather than just counting calories or dieting

Conclusion & Significance: 4. Customizing a low glycemic nutritional program specific for your patients, food preferences, lifestyle and metabolism improves patient compliance, improved satiety, metabolism and decreases incidence for relapse and weight gain 5, 6. Lifestyle Nutrition Metabolic Counseling Programs, market well within communities and are less costly to patients and more profitable for their owners.

Biography

Christopher Fuzy, MS, RD, LD is the Founder and President of Lifestyle Nutrition Inc. and PhysicianWellnessProgram.com (for Doctors), AboutMyDiet.com (For Patients) has a Master's Degree in Clinical & Sports Nutrition, undergraduate degrees in Dietetics and Chemistry from Florida State University and currently has private nutritional counseling offices in Ft. Lauderdale and Boca Raton, FL. Over the past 27 years, he has trained over 900 physicians nationwide in the implementation of his Lifestyle Nutrition Metabolic Counseling Program®. Mr. Fuzy was Chief Clinical Nutritionist at Plantation General Hospital before starting his company in 1990.

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