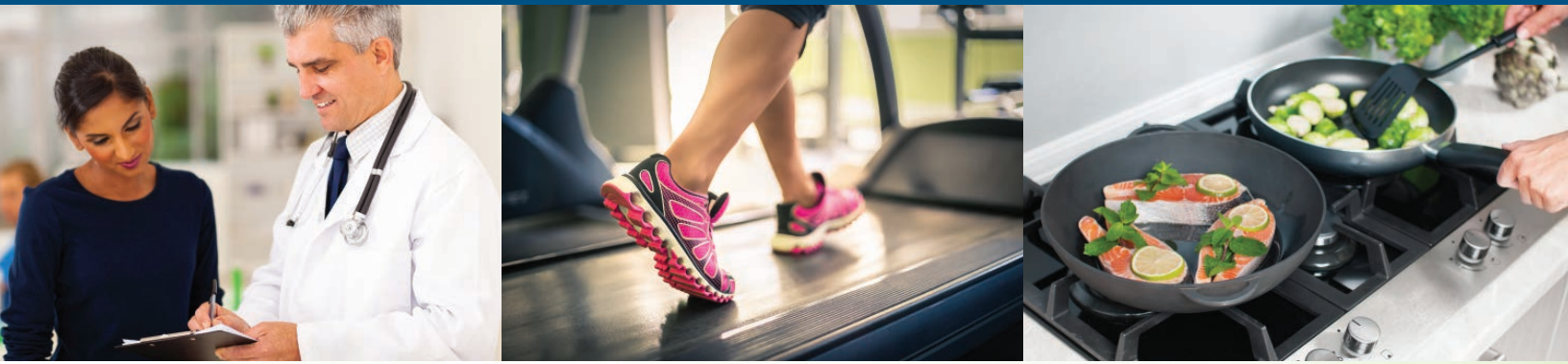


GROUP VISIT TOOLKIT

Healthy Weight for Life



Improve the health of your patients
with meaningful information

- *Easy to implement*
- *Cost-effective*
- *Time-efficient*
- *Insurance-friendly*

Your patients want to change... now you have the tools

This essential toolkit educates patients on obstacles to achieving a healthy weight and maintaining it for life. By exploring inflammation and detoxification, patients will recognize patterns and long-term effects of unhealthy behaviors. Understanding the pitfalls of appetite suppressants and excessive calorie restriction will help patients embrace lifestyle choices that create lifelong, optimal body composition and chronic disease prevention.

Use for patients with these issues:

- Overweight/Obese
- Prediabetes/Type 2 Diabetes
- Hypertension
- Hyperlipidemia
- Coronary Heart Disease
- Stroke
- Liver and Gallbladder Disease
- Osteoarthritis
- Gynecological problems
- Cancer
- Sleep Apnea and breathing problems

THIS GROUP VISIT TOOLKIT INCLUDES:



Visit Forms:

Patient intake forms are designed to capture key information to create efficient, insurance-friendly patient encounters.



Patient Handout(s):

Patient-friendly handout(s) assist you and improve the implementation of key lifestyle tips necessary to correct underlying causes of illness.



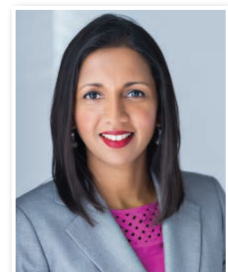
Multi-Media Education:

Choose the best format to suit your presentation style

- Video + audio version
- Presentation slides for custom education

Ideal use for a Group Visit or one-on-one setting

Shilpa P. Saxena, MD is a Board-Certified Family Practice physician whose passion and purpose come to life through sharing her innovative patient education and practice management solutions in her classic 'keep it simple' style. She serves as Faculty with the Institute for Functional Medicine, the Arizona Center for Integrative Medicine, the University of Miami, Miller School of Medicine, and the Metabolic Medical Institute at George Washington University. Dr. Saxena is an expert in the Group Visit medical model, creator of Group Visit Toolkits, and co-author of *The Ingredients Matter: India*.







Healthy Weight for Life

Patient Name: _____ **Date of visit:** _____

_____ (initial) I understand as a participant in this Group Visit/Shared Medical Appointment, that I and other patients will discuss medical information in the presence of other patients, family members, staff, and the clinician. If I have medical concerns that are of a very private nature, I will request to discuss with the clinician in a private setting or will schedule an individual office visit. I will also respect the confidentiality of the other members of the group by not revealing medical, personal, or any other identifying information about others in attendance after the session is over.

CC: Overweight: BMI 27-30 Obese: BMI >30 Truncal weight gain

Associated Chronic Issue(s): 1. _____ 2. _____

History of Present Illness:

Part I: Physical Activity as Medicine

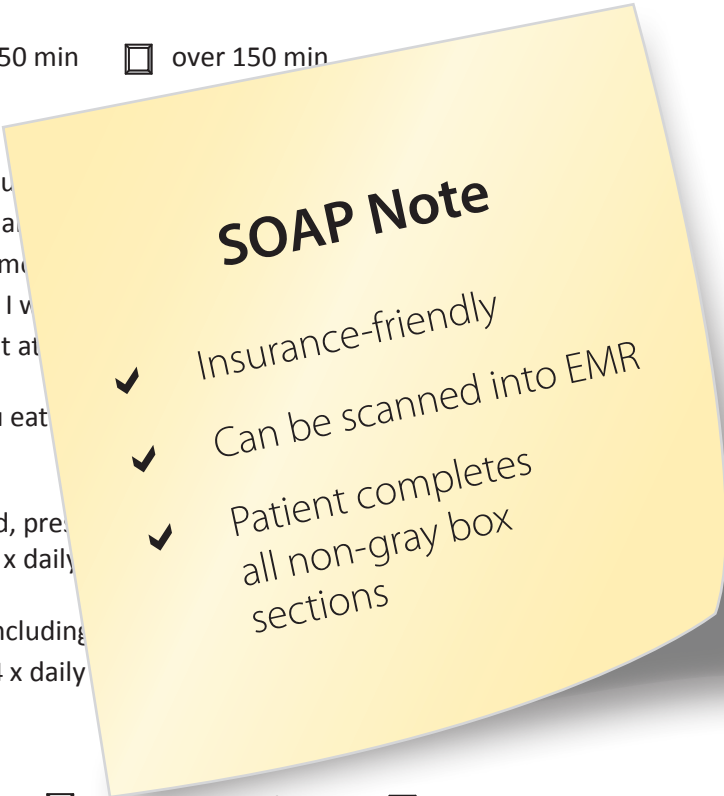
- Please select the one choice that best describes you:
 - I'm physically active already and am happy with my progress.
 - I realize and am ready to get more active, but I would like some help.
 - I may not be ready to be more active, but I want to know if being more active would help my issues.
 - I'm not very active and not interested in being (or able to be) more active at this time.
- How many hours each day do you spending sitting (e.g. watching TV, working at desk or on computer)?
 - less than 1 hour 1-2 hours 2-4 hours more than 4 hours a day
- How many minutes per week do you spend doing moderate physical activity (e.g. yard work, brisk walk, exercise class, sports)?
 - less than 30 min 30-90 min 90-150 min over 150 min

Part II: Food as Medicine:

- Please select the one choice that best describes you:
 - I eat healthy with lots of fruits, veggies, clean...
 - I am ready to eat healthier and would like more...
 - I may not be ready to be eat healthier, but I w...
 - I'm not interested in changing the way I eat at...
- How many servings of fruits and vegetables do you eat...
 - 2 or less 3-5 6-9
- How often do you eat foods that contain processed, pre...
 - rarely or never once daily 2-4 x daily
- How often to you drink fluids that contain sugar (including...
 - rarely or never once daily 2-4 x daily

Review of Systems: (check all that apply)

- fatigue chest pain with exertion joint pain swelling in legs/ankles acid reflux
- snoring weight gain (last 3 mos): _____ # weight loss (last 3 mos): _____ #



ASSESSMENT (to be completed by office): Abnormal BMI Visceral Obesity

Associated Chronic Disease(s) or Symptoms:

EXAM (to be completed by office):

- Vitals: Wt: _____ Ht: _____ BMI: _____ BP: _____ Pulse: _____ WC: _____ WHR: _____
- CV: R R R; no M/G/R Abnl: _____ Edema: Yes / No JVD: Yes / No
- Respiratory: CTA B Abnl: _____ Respiratory Effort: WNL Labored
- Other _____

PLAN OF CARE (to be completed by office):

- Reviewed common triggers of inflammation, including excess adiposity
- Educated on inflammation as common etiology of chronic disease
- Healthy support of detoxification & elimination pathways discussed
- Low glycemic impact diet discussed
- Encouraged plant-based, whole foods eaten in smaller portions & mindfully
- Take medications and/or supplements as prescribed

- RTC in _____ days weeks months
- Provider to be seen: _____
- Reason for visit: _____
- Other:

Everyone has his or her own special reason for looking and feeling better. Whether you've been recently diagnosed with a medical condition, want to keep up with your children/grandchildren or are just sick and tired of not feeling like 'your old self', making the choice to improve your health is a goal to be celebrated.

Patients with a clear understanding of what they deeply desire are the ones who succeed most often. Consider evaluating what fuels this quest and what will inspire and lift you hereafter by documenting them below:

1. Take a moment and reflect on why it is especially important to you to lose weight or live a healthier lifestyle?

2. Now, take a moment to reflect on how you will feel once you achieve your health goals.

Healthy Weight for Life



Did you know that more than 95% of people relapse from a fad diet in 5 years or less? ... calorie restriction,

Event Flyer


- ✓ Market to office patients
- ✓ Market to the greater community
- ✓ Customizable Word format

Join us to learn how to avoid these pitfalls that create lifelong, healthy weight and

LOGO AREA

Achieve a healthy weight and maintain it for life!
Register for our upcoming patient Group Visit:

Date/Time/Location



GROUP VISIT

Healthy Weight for Life

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why

are we so overweight?



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how

most diets fail

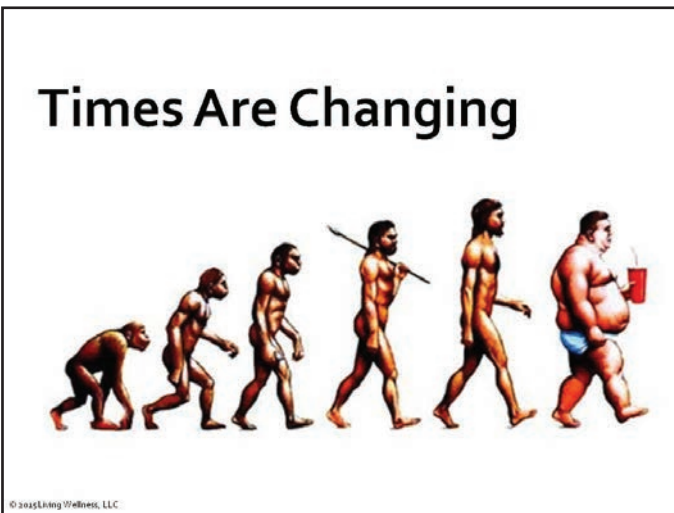
1. Detoxification: The Unaddressed Obstacle
2. Appetite Suppressants Don't Work Long Term
3. 'Starvation' Method Creates More Fat
4. Get Lean, Not Just Light

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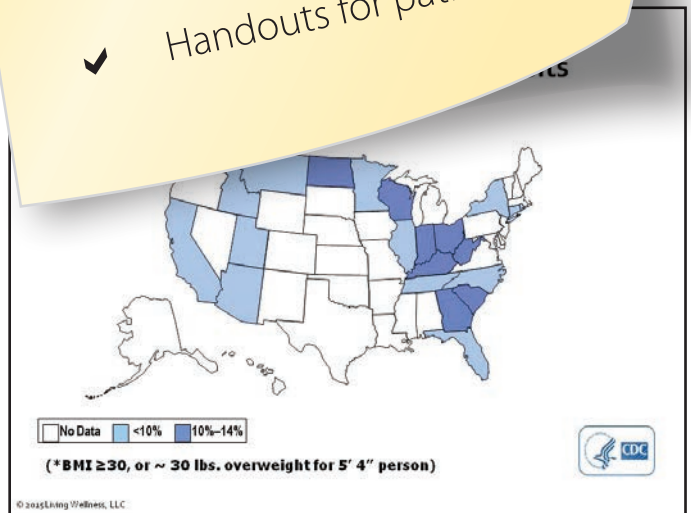
PowerPoint Slides

- ✓ Concepts reviewed in video
- ✓ PPT slide files for clinician to present and modify as needed
- ✓ Handouts for patients

Times Are Changing



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Obesity-Related Disease



- ✓ Heart Disease
- ✓ Diabetes
- ✓ Cancer
- ✓ Arthritis

It's our **UNHEALTHY LIFESTYLE!**

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Genes
load the gun...

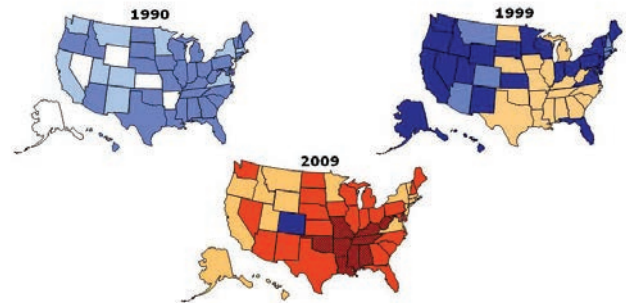
but
**POOR
LIFESTYLE**
pulls the trigger!

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Obesity Trends Among U.S. Adults



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Chronic Disease Epidemics!



- ✓ Heart Disease
- ✓ Diabetes
- ✓ Cancer
- ✓ Arthritis

why?

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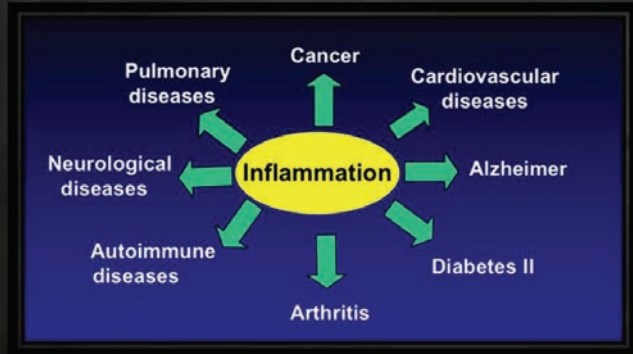
Scientific Truth



Genes haven't changed for
thousands of years, so...

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Inflammation is the Root Cause!



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What goes around, comes around.



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How FOODS INFLAME Our Bodies

- **Eat the wrong foods**
 - Processed & Preserved
 - Excess Sugar, Fat, Salt
 - Genetically Modified
 - Food allergens
 - Food sensitivities
- **Eat too much**
- **Eat too fast**



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How Environment INFLAMES

- Junk food, fake food, cigarettes, alcohol...
- Pollution, plastic, heavy metals...
- Pesticides, herbicides, fungicides...
- Pharmaceuticals, OTC meds, supplements

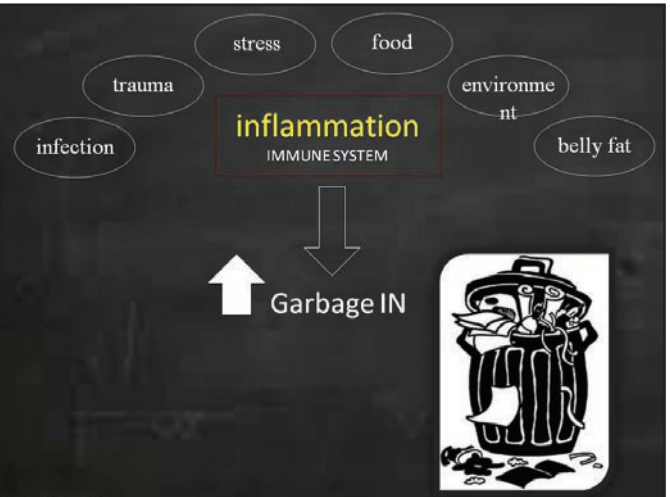


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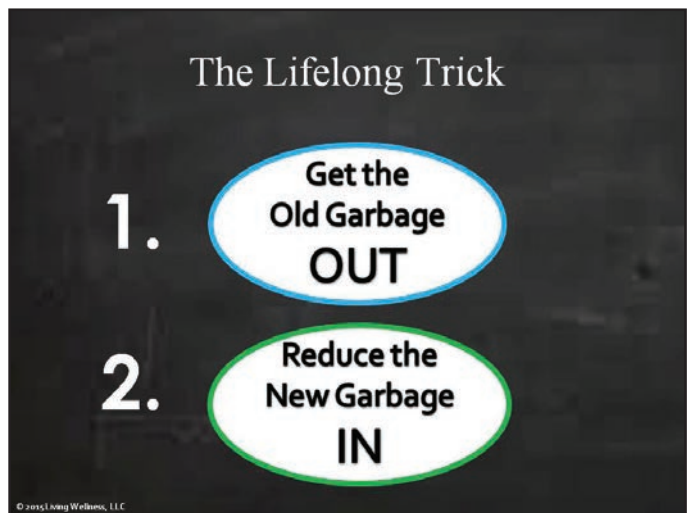
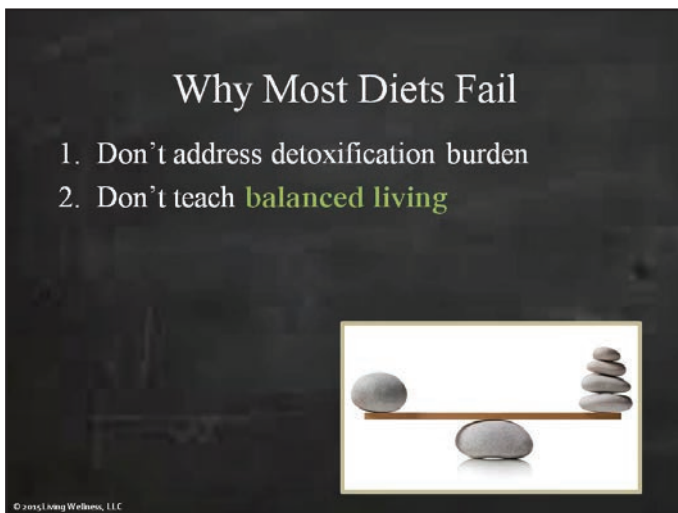
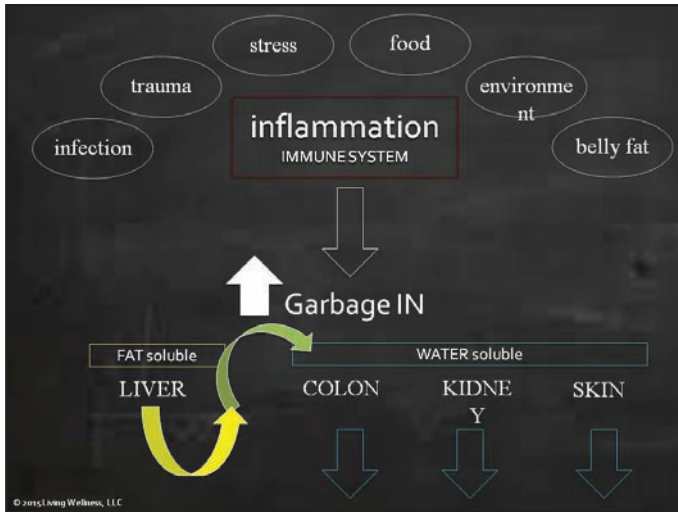
what
happens next

Garbage IN
Garbage OUT
? Garbage JAM

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Why Most Diets Fail

1. Don't address detoxification burden
2. Don't teach balanced living
3. Lead to **muscle loss**
4. Lead to **nutrient loss**



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Appetite Suppressants & 'Starvation'



why?

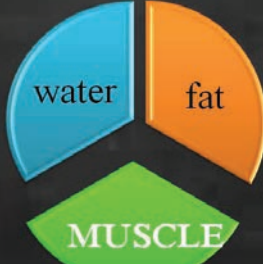
- Perceived 'benefits'
- Real risks
- Lifelong solution?

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how your scale lies

50 LBS OF FAT LOSS

50 LBS OF MUSCLE LOSS



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The Difference Between Muscle & Fat



muscle 1.2 calories /pound /hour



fat 6.5 calories /pound /hour

FACT: Muscle burns MORE calories than fat!

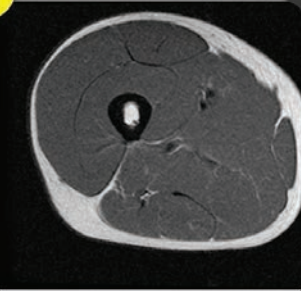
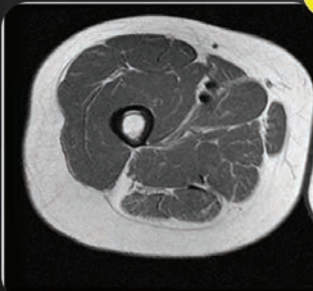
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Don't Just be Light... Be LEAN!

STORE fat

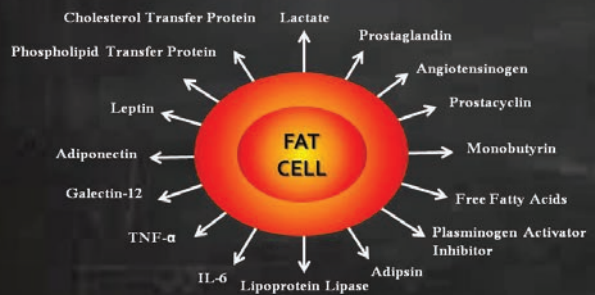
o
r

BURN fat



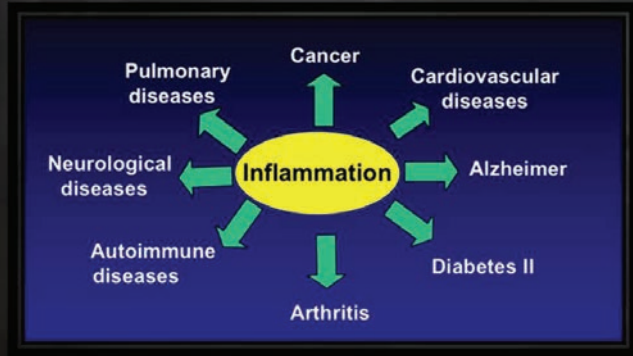
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Fat fuels INFLAMMATION



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Inflammation fuels DISEASE



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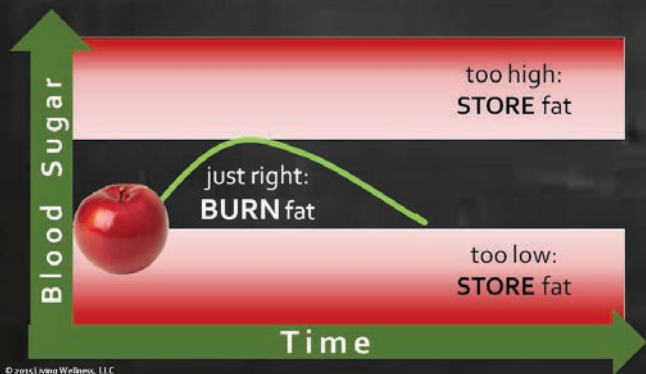
BURN Fat
vs.
STORE Fat



how?

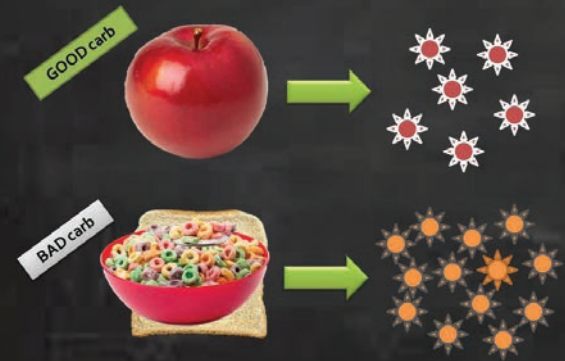
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Manage your blood sugar to **BURN** your fat



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All Carbohydrates are NOT created equal.



'BAD' carbohydrates cause FAT gain

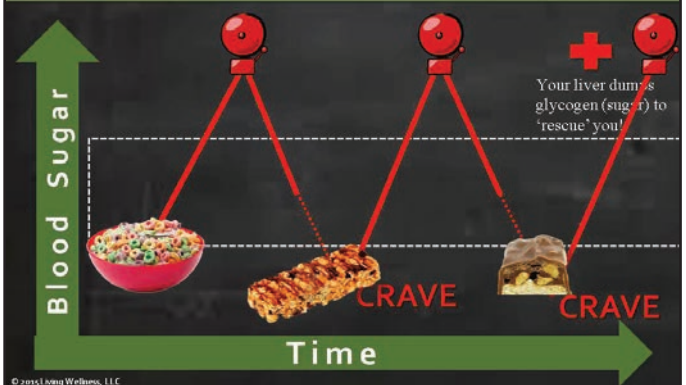
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Glycemic Index

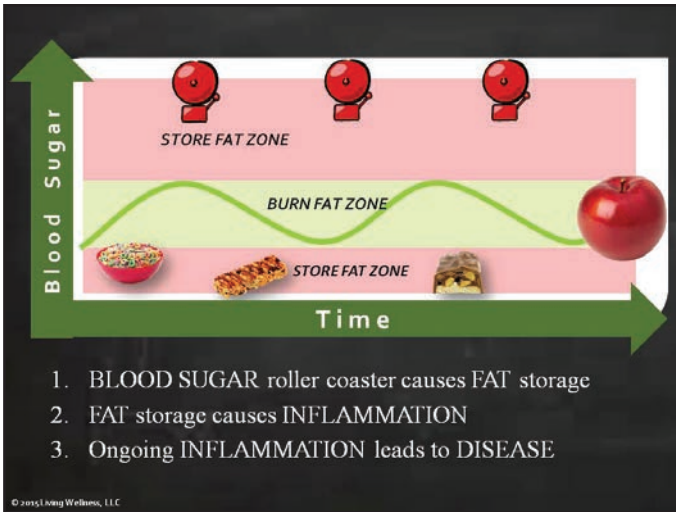
High GI (70 and above)	Idaho Potato 93 Corn Flakes 84 Pretzels 83 Jelly Beans 80 Waffles 76 Bagel 72 Beets 69 Ryvita Crackers 69
Medium GI (56 to 69)	Pineapple 66 Red Potato 62 Ice Cream 61 Banana 58 Sweet Potato 54
Low GI (55 and under)	Steel Cut Oats 49 Carrots 49 Apple 38 Kidney Beans 27 Walnuts 15 Red Peppers 10

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Manage Your Blood Sugar Levels to Burn Fat and Keep It Off



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food plan

Organic, Whole, Unprocessed Foods

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food plan

Minimal Grains & Gluten

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food plan

Phytochemical Abundance & Diversity

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food plan

Anti-Inflammatory Dietary Fats

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food plan

Smaller Meals, Spaced Out

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food plan

Relaxed,
Mindful
Eating



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Healthy
Weight
for LIFE

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"We may think there is
willpower involved,
but more likely...
change is due to
WANT power.

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ask your
questions

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healthy
inside & out

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make it
lifelong

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GROUP VISIT

Healthy Weight
for Life



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Detox Food Plan

PROTEINS

Proteins

Servings/day _____

Lean, free-range, grass-fed, organically grown meats; non-GMO plant proteins; and wild-caught fish preferred. Avoid canned meats.

Animal Proteins:

- Egg**—1; 2 egg whites; or 2/3 c egg substitute
- Fish: Halibut, herring, mackerel, salmon, sardines, tuna, etc.**—1 oz
- Plant Protein:**
 - Burger alternatives (nonglutin): Bean, mushroom, soy, veggie**—1 oz
 - Tofu, tempeh**—1/2 c

Protein Powder:

- Meat: Beef, buffalo, elk, lamb, venison, other wild game**—1 oz
- Miso**—3 T
- Poultry (skinless chicken, turkey, Cornish hen)**—1 oz

1oz serving = 35-75 calories, 7 g protein

LEGUMES

Proteins/Carbs

Servings/day _____

- Bean soups**—3/4 c
- Black soybeans (cooked)**—1/2 c
- (cooked)**—1/2 c
- Dried peas, beans, or lentils (cooked)**—1/2 c
- Flour, legume**—1/4 c
- Edamame (cooked)**—1/2 c
- Green Peas (cooked)**—1/2 c
- Hummus or other bean dips**—1/3 c
- Refried beans, vegetarian**—1/2 c

1 serving = 110 calories, 15 g carbs, 7 g protein

DAIRY ALTERNATIVES

Proteins/Carbs

Servings/day _____

Unsweetened

- Coconut kefir**—1/3 c
- Coconut yogurt (cultured coconut milk)**—1/3 c
- Soy yogurt (plain, non-fat)**—6 oz

1 serving = 50-100 calories, 12 g carbs, 7 g protein

NUTS & SEEDS

Proteins/Fats

Servings/day _____

- Almonds**—6
- Brazil nuts**—2
- Cashews**—6
- Chia seeds**—1 T
- Coconut, dried flakes (unsweetened)**—3 T
- Flaxseed, ground**—2 T
- Hazelnuts**—5
- Hemp seeds**—1 T
- Nut and seed butters**—1/2 T
- Milk: Almond, coconut, flaxseed, hazelnut, hemp, nut, oat, soy**—8 oz
- Mixed nuts**—6
- Pecan halves**—4
- Pine nuts**—1 T
- Pistachios**—16
- Pumpkin seeds**—1 T
- Sunflower seed kernels**—1 t
- Sesame seeds**—1 T
- Soy nuts**—2 T
- Walnut halves**—4

1 serving = 45 calories, 4 g fat

FATS & OILS

Servings/day _____

Minimally refined, cold-pressed, organic, non-GMO preferred

- Avocado**—2 T
- Ghee/clarified butter**—1 t
- Oils cooking: Grapeseed**—1 t
- Clarified butter, coconut, olive (extra virgin), sesame**—1 t
- Oils salad: Almond, avocado, canola, grapeseed, high-oleic safflower and sunflower, pumpkin, walnut**—1 t
- Flaxseed, hempseed, olive (extra virgin), rice bran, sesame**—1 t

1 serving = 45 calories, 5 g fat

Items in blue indicate preferred therapeutic foods

Notes: Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.



fail to plan, plan to fail...

Now that you understand your motivation for making your commitment to living healthy, it's important to understand any potential challenges that may arise along the way. Preparing for these potential stumbling blocks is extremely valuable because you will know exactly how you plan to react to them should they arise. To avoid this 'self-sabotage' unnecessarily, plan your work and work your plan!

"Give me six hours to chop down a tree and I will spend the first four sharpening the axe."

— Abraham Lincoln

List the Challenges you may face and your plan for overcoming them

Potential Challenge #1 → _____

- *My plan to overcome this challenge:*

Potential Challenge #2 → _____

- *My plan to overcome this challenge:*

Potential Challenge #3 → _____

- *My plan to overcome this challenge:*

My daily lifestyle diary

What I ate today:	Why I ate: (fullness scale)
Breakfast	<input type="checkbox"/> hungry <input type="checkbox"/> other, why? <hr/> (1 2 3 4 5 6 7 8 9 10) (Hungry scale: 1-not hungry ; 10-very hungry)
Morning Snack	<input type="checkbox"/> hungry <input type="checkbox"/> other, why? <hr/> (1 2 3 4 5 6 7 8 9 10) (Hungry scale: 1-not hungry ; 10-very hungry)
Lunch	<input type="checkbox"/> hungry <input type="checkbox"/> other, why? <hr/> (1 2 3 4 5 6 7 8 9 10) (Hungry scale: 1-not hungry ; 10-very hungry)
Afternoon Snack	<input type="checkbox"/> hungry <input type="checkbox"/> other, why? <hr/> (1 2 3 4 5 6 7 8 9 10) (Hungry scale: 1-not hungry ; 10-very hungry)
Dinner	<input type="checkbox"/> hungry <input type="checkbox"/> other, why? <hr/> (1 2 3 4 5 6 7 8 9 10) (Hungry scale: 1-not hungry ; 10-very hungry)
Evening Snack	<input type="checkbox"/> hungry <input type="checkbox"/> other, why? <hr/> (1 2 3 4 5 6 7 8 9 10) (Hungry scale: 1-not hungry ; 10-very hungry)

Daily Goal	Protein	Fruit	Nuts/Seeds	Legumes/Starchy Veg	Whole Grains	Non-starchy Veg	Dairy	Fats/Oils
	3-4	1-2	1-2	1-2	1	unlimited	0	3-4

ACTIVITY: Exercise (type/how long)	ACTIVITY: Relaxation (type/how long)
how strenuously did you exercise? 1 2 3 4 5 6 7 8 9 10 (1-not very strenuous; 10-very strenuous)	how relaxed were you afterwards? 1 2 3 4 5 6 7 8 9 10 (1-not very relaxed ; 10-very relaxed)

tips for success

Making meaningful, healthy lifestyle changes is not always easy, especially as there are many things to learn. Here are a few suggestions to keep it simple.

- ⦿ Stop sugary or diet drinks.
- ⦿ Rid your home or office of unhealthy 'distractions'.
- ⦿ Drink plenty of water: $\frac{1}{2}$ of your bodyweight in ounces is a good rule of thumb.
- ⦿ Understand your hunger/fullness. Take a minute right now. On a scale of 1-10, how full are you? Use this to evaluate your hunger throughout the day.
- ⦿ Listen! Really listen for your body to signal that it's hungry. Don't confuse boredom, the clock, or social activities as hunger queues. Don't eat until you're hungry. In fact, eat when you're between 2-4 on the hunger/fullness scale. Any lower or higher, you're likely to overeat.
- ⦿ Stop eating at about a 6-7 on the hunger/fullness scale.
- ⦿ Stop thoughts that sabotage your success. These thoughts include, "It's only one", "I had a hard day, I deserve this", "I lost weight this week", "I don't want to hurt her feelings by declining", or "I just don't care right now" are common.
- ⦿ Always have a healthy snack nearby – a piece of fruit or a serving of nuts or seeds could be just what you need in an unexpected situation.
- ⦿ Food is either helpful or hurtful to you. Nourish your body with the right foods and be aware of the 'foods' you know are harmful to you in the end.
- ⦿ Don't comfort yourself with food. If you find that you're in need of some, find another way to help yourself. Go for a brisk walk, do yoga, relax & breathe, get some affection from someone or a beloved pet.
- ⦿ Last, but certainly not least, be kind to yourself if you stumble. Getting healthy is rarely a straight-line journey. Strive to spiral up accepting occasional drops. If you fall, be sure to develop a clear understanding of why it happened, so you can avoid a repeat performance. The goal is to keep going!

Your patients want to change... now you have the tools

This essential toolkit educates patients on obstacles to achieving a healthy weight and maintaining it for life. By exploring inflammation and detoxification, patients will recognize patterns and long-term effects of unhealthy behaviors. Understanding the pitfalls of appetite suppressants and excessive calorie restriction will help patients embrace lifestyle choices that create lifelong, optimal body composition and chronic disease prevention.

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- Stroke
- Liver and Gallbladder Disease
- Osteoarthritis
- Gynecological problems
- Cancer
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Patient-friendly handout(s) assist you and improve the implementation of key lifestyle tips necessary to correct underlying causes of illness.



Multi-Media Education:

Choose the best format to suit your presentation style

- Video + audio version
- Presentation slides for custom education

Ideal use for a Group Visit or one-on-one setting

Shilpa P. Saxena, MD is a Board-Certified Family Practice physician whose passion and purpose come to life through sharing her innovative patient education and practice management solutions in her classic 'keep it simple' style. She serves as Faculty with the Institute for Functional Medicine, the Arizona Center for Integrative Medicine, the University of Miami, Miller School of Medicine, and the Metabolic Medical Institute at George Washington University. Dr. Saxena is an expert in the Group Visit medical model, creator of Group Visit Toolkits, and co-author of *The Ingredients Matter: India*.

