

Weight Loss Protocol

Losing weight is an absolute MUST. There are thousands of diets out there and you may have tried one or several without results. At InsideOut, we believe that the best way for YOU to lose weight is to cater a diet based on what YOU like to eat. Before beginning treatment, you'll be required to keep a diet diary for one week, which will be reviewed by Dr. LaBoube. After review, he'll make the necessary changes to help you shave off unnecessary calories and add items that promote weight loss and good health.

Many times, the unhealthy and fatty foods in your diet are eaten not because it is your meal of choice, but because it is your meal of convenience. As a result, lifestyle changes may need to be made as well to provide you with the time necessary to eat healthy. Setting the alarm clock 15 minutes earlier to make a healthy breakfast and lunch could quite possibly prevent disease or pathology 10 years down the road.

Finally, you'll have to exercise. But relax; the exercise you need does not require an expensive gym membership and personal trainer. All you need is a good pair of walking shoes and a swiss ball.

The entire protocol will consist of 10 auriculotherapy treatments over the course of 120 days. Each visit will include a body composition analysis to monitor weight and the conversion of fat body mass to lean body mass. If after the 120 days, you find it beneficial to continue treatment you can continue. However, 120 days is more than enough time for the auriculotherapy to acclimate you to your new lifestyle. Good luck!

Before Treatment

1. Call and make your appointment. You'll be scheduled no sooner than five to seven days from the time you call in order for you to comply with the following steps.
2. Tell your friends, family and co-workers exactly when and how you plan on losing weight. The more people you tell the more support you'll get.
3. Keep a diet diary for five to seven days encompassing both workday and weekend food and drinks. Don't leave anything out. Include all beverages both alcoholic and non-alcoholic.

*And yes, the Diet Diary is time consuming, but so is eating healthy. It's all part of the life-style change.