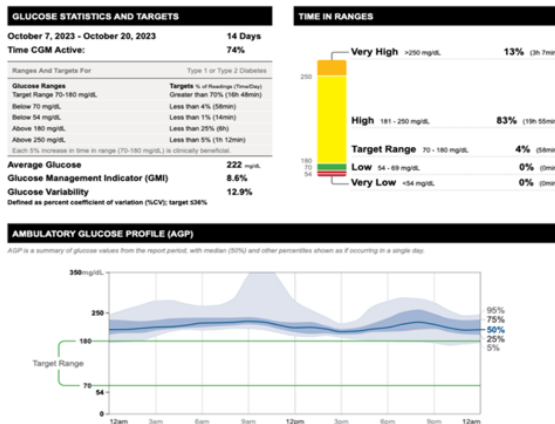


Using all the evidence-based tools of modern **obesity medicine** while following a whole foods nutritional approach with individualized **therapeutic carbohydrate reduction (TCR)**, the vast majority of people with diabetes and obesity can get control of this condition, get off medications, improve their health, and get their life back – without hunger or dieting...*Really!*

Diabetes

Type 2 Diabetes can be reversed. By treating the root cause of type 2 diabetes—insulin resistance—with TCR—a tailored low carb or ketogenic diet, most people come under excellent control of their diabetes and many come off or reduce their medications. Improvement is quick, with many coming off medication within weeks!

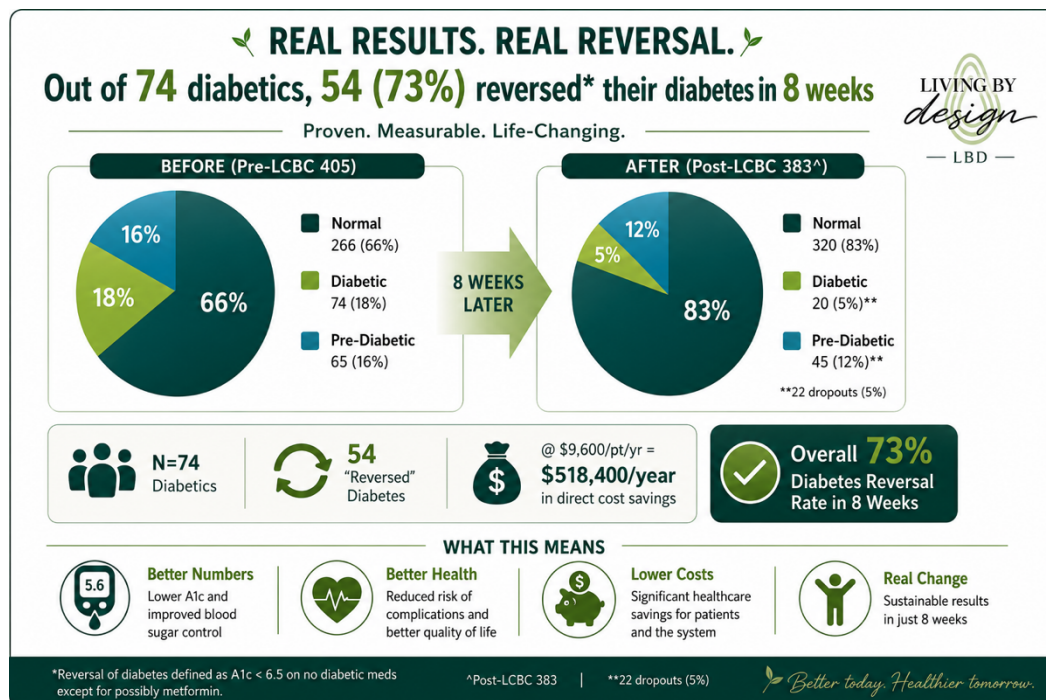


Pre-Keto 12u Lantus and Metformin A1c 12.9



Post-Keto Off all insulin A1c 5.7 in 5 Weeks

Personalized. Using TCR blood sugars and need for medication often change rapidly. Close supervision, including remote continuous glucose monitoring, will assure that patients do this safely and effectively.



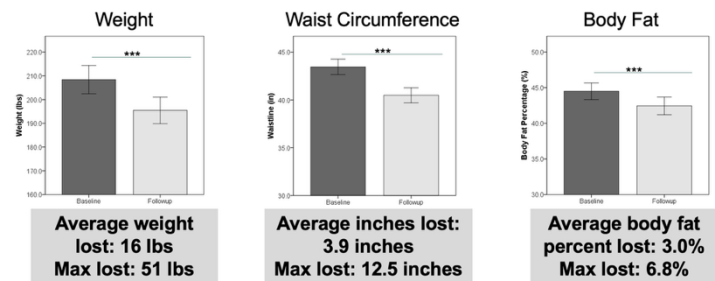
Weight Management

The cause of obesity is hormonal—not sloth or gluttony. We were not designed to live on the massive amount of sugar and processed foods that make up the majority of America's diet.¹ By eating excessive simple carbohydrates the body boosts insulin levels which in turn drives fat production. Conversely, the only “on-switch” for fat burning is to lower insulin levels.

TCR: Reduce the carbs – Reduce the insulin – Reduce the weight!

Lose weight without hunger. By eating a whole foods low carb/ketogenic diet (TCR) weight loss occurs without excessive hunger. Our team provides education, support, practical help and meal plans along with accountability both on-line and with monthly physician follow up. In addition, our low carb dietitians and health coaches combined with our on-line educational resources will show your patient how to make this lifestyle sustainable so that weight loss occurs steadily and permanently.

8-Week Low Carb Boot Camp participants had significant decreases in weight, waistline, and percent body fat.



Paired T-test: *** indicates $p < 0.001$

Beyond Obesity and Diabetes

Many other conditions are ripe for improvement with TCR (therapeutic carbohydrate restriction):

- Fatty Liver Disease/MASLD
- Inflammation and Chronic Pain
- Polycystic Ovary Syndrome (PCOS)
- High Blood Pressure
- Food Addiction/Binge Eating Disorder
- IBS and chronic abdominal pain
- Heart Disease and CHF
- Dyslipidemia
- Certain Cancers and Chemotherapy tolerance
- Epilepsy
- Dementia and other neurologic disorders
- Mental Health Disorders
- Childhood/adolescent obesity



Stephen Riggs MD, FACP, FAAP,
DABOM, CKNS, MHP

Weight Loss and Metabolic Clinic

The Weight Loss and Metabolic Clinic is made for people who want to address their personal health issues using a nutritional/lifestyle/evidenced based approach geared specifically for them. We also use the full scope of obesity medications and manage weight loss surgical patients. Our Medical Director, Dr. Riggs, is board certified in internal medicine, pediatrics, obesity medicine, and is a certified ketogenic nutrition specialist and metabolic health practitioner. He leads a team of other certified practitioners, dietitians, and health coaches to address metabolic health.

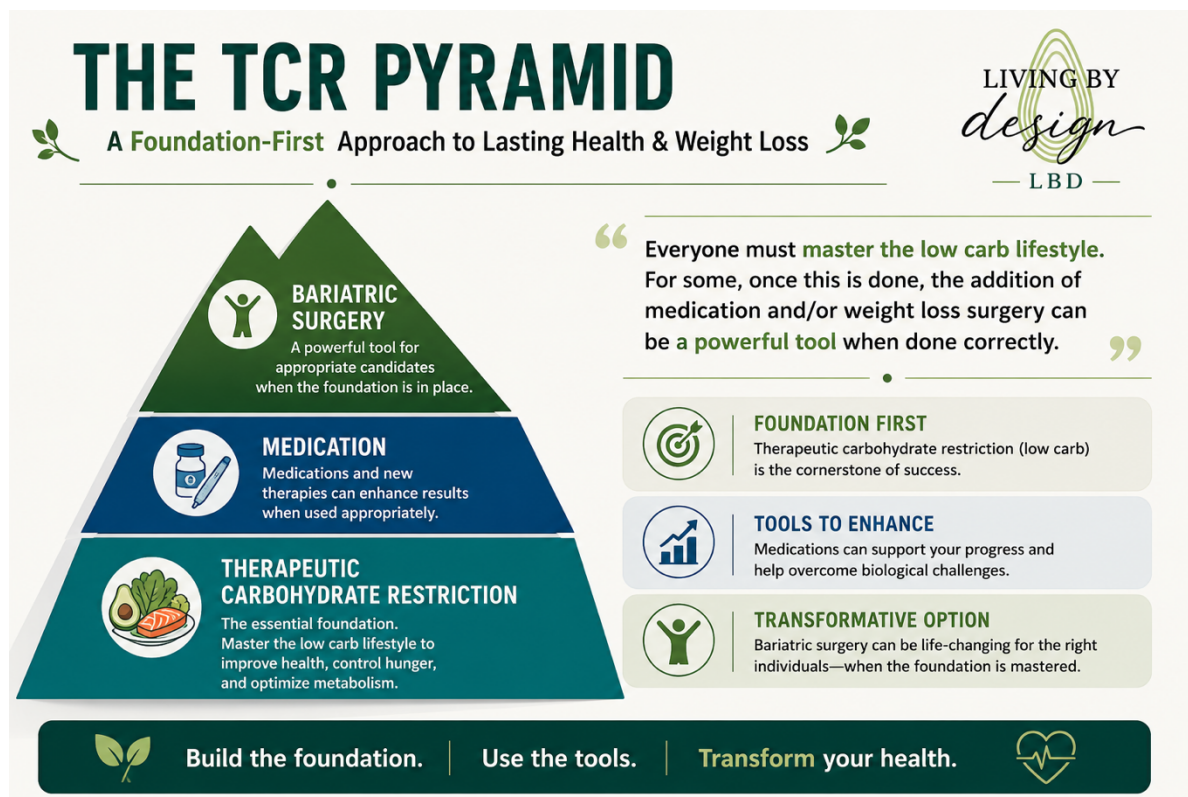
Additional Metabolic Clinic offerings:

- Advanced lipid testing (NMR)
- Cardiovascular risk factor analysis (CAC-CT, CIMT)
- DXA body composition scanning

¹ Currently 50-60% of the standard American diet is made up of ultra-processed foods and 20-25% of daily calories comes from fructose and added sugars.

- Insulin resistance (HOMA-IR)
- Continuous remote glucose monitoring
- Self-paced 8-Week online course and educational materials
- Food Addiction Assessment
- Health Coaching
- Meal Plans/Recipes
- Electrical impedance “smart scale”
- Serum ketone analyzer

Other Therapeutic Options Diet and lifestyle interventions are foundational for successful weight loss and diabetic control. We spend a lot of time to help patients achieve this goal. However, some patients will require additional help with **medications** and **weight loss surgery**. These interventions are tailored to your patient’s specific needs in a step-wise approach.



Referrals:

- Call: 319-272-5000 Ask for the Metabolic Center Suite 300 MercyOne Waterloo

For more information: LivingbyDesignKetonutrition.com