

Do I have to use meal replacements?

"Meal replacements" is the industry name for prepackaged single serving food. Our patient data base demonstrates that patients participating in a structured program and eating their full meal prescription of meal replacements lose weight about seven times the amount of weight over a 19 week period of time than those patients who ate only their partial meal replacement prescription. During your weight loss phase we want patients to reduce the number of calories consumed and meet 100 percent of the daily nutritional requirements; this is done through meal replacements. The Center for Disease Control (CDC) has endorsed the use of meal replacements for individuals who have ongoing weight issues. Their research and others show long-term, daily use meal of replacements—a minimum of two a day—is a tool that all people with a history weight issues should use.

Anyone can purchase meal replacements from us. Patients who work independently can also use meal replacements as part of their individualized program.