



Total Weight Loss: 35 lbs and counting.

Clinically Proven Results\*

- 52lbs**  
(21%) average weight loss
- 15%**  
average decrease in cholesterol
- 29%**  
average decrease in blood sugar
- 10%**  
average decrease in blood pressure

Based on a study of 20,000 people who completed 22 weeks of the OPTIFAST Program.

Long Term Results

2 Years After Completing the Program

- 40%** of patients maintained more than half their weight loss
- 78%** of men and 60% of women maintained medically significant weight loss

5 Years After Completing the Program

**Approximately 50%**  
of patients maintained medically significant weight loss



References

- Wadden TA, et al. A multicenter evaluation of a proprietary weight loss program for the treatment of marked obesity. Arch Intern Med. 1992; 152:961-966.
- Wadden TA, et al. A multicenter evaluation of a proprietary weight loss program for the treatment of marked obesity: A five year follow-up. Int J East Disord. 1997; 22:203-212.

\* The typical OPTIFAST patient loses over 50lbs in 18-24 weeks

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**First Step**  
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Call today for your appointment

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• THE CENTER FOR •  
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Life As You  
**Imagined**  
 Lasting Solutions for Weight Loss

Offering **OPTIFAST®**



Anthony Auriemma MD, JD ~ *Medical Director*



Dr. Anthony Auriemma graduated Cum Laude from Hope College before receiving his Doctor of Medicine Degree at Loyola University, Chicago. Dr. Auriemma is Board Certified in both Family Medicine and Bariatric Medicine. Dr. Auriemma is dedicated to helping people lose weight in order to improve their health and embrace their quality of life.

Elizabeth O'Malley RD, LDN ~ *Program Director*



Elizabeth O'Malley is a licensed, registered dietitian with over fifteen years of experience in weight management counseling. She received her Bachelor of Science in Food Science and Human Nutrition with honors from the University of Illinois, Champaign-Urbana. In addition to her professional license, Elizabeth holds a Certificate of Training in Adult Weight Management from the Academy of Nutrition and Dietetics. Elizabeth has served as the President of the Illinois Dietetic Association as well as their Public Policy Coordinator.

Greg Wallin MD ~ *Physician*



Dr. Greg Wallin spent several years performing mission work and building churches in Africa before attending Andrews University where he earned a degree in Biology. He then received his Medical Degree from Loma Linda University in Southern California. Dr. Wallin was previously the Chief Resident at Hinsdale Hospital and he is Board Certified in Family Medicine.

Debbie Carsten MSW ~ *Clinical Social Worker*

Jenna Giannetti RD, LDN ~ *Registered Dietitian*

Zac Marshall MA ~ *Exercise Physiologist*

Marilyn Moravec MA ~ *Behaviorist*

# MEDICAL WEIGHT MANAGEMENT

## Lose the Weight, Gain Your Life Back

The Center For Health & Nutrition is the premier medical weight management program in the Chicago area. It offers a comprehensive approach that addresses the medical, nutritional, behavioral and emotional changes necessary to promote long term weight loss.

### Choices for Weight Loss Full Meal Replacement

On this program you will experience a break from regular food allowing you time to focus on the behavioral change needed for long term weight maintenance. Most participants consume five to six **OPTIFAST**® meal replacements daily. Patients can expect an average weight loss of 2-5 pounds per week.

### Partial Meal Replacement

This option combines the use of **OPTIFAST** meal replacements with a calorie-controlled meal under the support and direction of our dietitian. The flexibility of this plan will allow you to eat with family and friends while losing weight an average of 1-2 pounds per week.

### Medical Nutrition Therapy

The dietitian will formulate a meal plan for weight loss taking into account your lifestyle. Patients may also be prescribed FDA approved medications for weight loss.

## Steps to Change Your Life

The Center for Health & Nutrition weight loss programs consist of four phases.

- 1. Assessment:** Initial evaluation and consultation with a medical provider and dietitian to develop a personalized plan.
- 2. Active Weight Loss:** During this phase, you'll eat a calorie-restricted diet that may include **OPTIFAST** meal replacements.
- 3. Transition:** Self-prepared foods are gradually reintroduced into your diet with guidance from our dietitian.
- 4. Long-Term Maintenance:** You will receive ongoing support, guidance and resources to keep you on track with your weight loss goals.



Total Weight Loss: 50 lbs and counting.

**Your Success  
is Our Goal!**