

## THE LOSS DIET

## Rapid Weight Loss with Proprietary Meal Planning System

During the weight loss phase of the program, we create a significant calorie deficit to induce rapid weight loss of approximately 2-5 lbs per week. A growing body of evidence indicates that rapid weight loss may lead to greater reductions in weight with longer lasting results than more gradual weight loss, especially when accompanied by exercise and nutritional education.<sup>1,2</sup>

The LeanMD Loss Diet features our proprietary servings-based meal planning system that is specially designed to be easy for patients to learn and follow. The diet itself is low in carbohydrates and high in protein, thus offering multiple potential benefits over a traditional low-fat diet:

- $\checkmark$  Improves body mass and composition<sup>12</sup>
- ✓ Increases thermogenesis<sup>13</sup>
- ✓ Provides greater satiety<sup>14</sup>

- ✓ Decreases cardiovascular and other metabolic risk factors<sup>6-11,15</sup>
- ✓ Delivers better long-term weight loss<sup>3-5,15</sup>

## **EVIDENCE SUPPORTS MAIN FEATURES OF LEANMD LOSS DIET**

<b>Beneificial Effects</b>	Findings
Long-Term Weight Loss	Fast initial weight losers obtain greater weight reduction and long-term maintenance and are not more susceptible to weight regain than gradual weight losers. <sup>1</sup> Rapid weight loss is positively associated with long-term weight maintenance provided it is followed by a 1-2 years of integrated weight maintenance program. <sup>2</sup> After 5 years, successful very-low-energy diets were associated with significantly greater weight-loss maintenance than successful hypoenergetic balanced diets. <sup>3</sup> RCT evidence does not support low-fat diets over other diets for long-term weight loss. <sup>4</sup> Individuals on a very-low-carbohydrate ketogenic diet achieve greater weight loss than those on a low-fat diet long term (>= 1 yr). <sup>5</sup>
Cardiovascular Risk Factors	Recent RCTs demonstrated low-carb diets both decrease body weight and improve CVD risk factors. <sup>6</sup> Low-carb/high-protein diets are more effective at 6 months and are as, if not more, effective than low- fat diets in reducing weight and CVD risk up to 1 year. <sup>7</sup> Substituting fat for carb is generally beneficial for risk of CVD. <sup>8</sup> A low-carb diet was associated with modest but significantly greater improvements in weight loss and predicted ASCVD risk in studies lasting 2 mos to 2 yrs. <sup>9</sup>
Risk Factors in Type 2 Diabetes and Metabolic Syndrome	Low-carb diets are at least as effective as low-fat diets at reducing weight and improving metabolic risk factors. Low-carbohydrate diets could be recommended to obese persons with abnormal metabolic risk factors. <sup>10</sup> Carb restriction improves all features of metabolic syndrome. <sup>8</sup> A very-low-carb diet coupled with skills to promote behavior change may improve glycemic control in type 2 diabetes while allowing decreases in diabetes medications. <sup>11</sup>
Body Composition and Metabolism	Low-carb, high-protein diets improve body mass and composition independent of energy intake, which in part supports the proposed metabolic advantage of these diets. <sup>12</sup> Evidence indicates higher protein intake increases thermogenesis and satiety compared to lower protein diets. <sup>13</sup> A period of low-carb ketogenic diet may help to control hunger and may improve fat oxidative metabolism and therefore reduce body weight. <sup>14</sup>
Combined with Med Diet Maintenance	Combinating a biphasic ketogenic Med. diet with phytoextracts, separated by periods of maintenance with traditional Med diet, led to successful long-term weight loss and improvements in health risk factors in a majority of subjects. <sup>15</sup>

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