



Other Recommended Services:

Comprehensive Health Assessment: \$85

Includes: Comprehensive Metabolic Panel, Complete Blood Count, Cholesterol Panel, Thyroid panel, Vitamin B12 level

B12 Injections: \$40

Buy 3, Get 1 FREE!
Instantly increase energy and overall well-being!

Fibroscan: \$65

This noninvasive test quickly and efficiently tests the elasticity and health of your liver.

Keto Blood Monitoring: \$15

Keto Breath Monitoring: \$25

Blood Glucose Monitoring: \$15

Please ask your health coach or practitioner for more information regarding these services!

**Ask about our
Walden Farms
selection!**

Your Next Appointment:

Date:

Time:

Location:

clinic hours: M-F • 8:00a - 5:00p
phone: 361-237-3976
email: vivacitywellnessclinic@gmail.com

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LOSE WEIGHT

& keep it off with the
last diet you'll ever need!

LOSE 3-5 LBS PER WEEK!





What is IP?

The Ideal Protein 4 phase Weight Loss Protocol is medically designed to make you lose weight quickly by making your body burn its own body fat as fuel, while sparing lean muscle mass. It has had over 25 years of success.

How does it work?

The body has four sources of energy: 1. Blood glucose (sugar) 2. Glycogen (stored sugar/glucose) 3. Muscle 4. Fat.

Your body uses these in a very specific order. First blood glucose, then stored glycogen, and when that is gone the body will finally start to burn muscle and fat stores.

If we continue to supplement and replenish glucose, which is carbohydrates, then the fat burning stops. During the protocol, we limit carbohydrates and replace protein so you are reaching the fat burning stage while preserving lean muscle!

No other diet on the market has been proven to be as successful in this regard. (Modified for diabetics and adolescents)

Also, as part of the Ideal Protein Protocol, you will receive one on one health coaching throughout your transformation.

After you reach your goal, we continue helping you maintain and develop lifestyle strategies for keeping the weight off .

This is why the Ideal Protein protocol is incomparable. It is a LIFESTYLE, not a diet!

The IDEAL PROTEIN Method



Phase 1: Weight Loss

Three Ideal protein foods per day plus veggies and 8oz lean protein at dinner. (phase 1 to be followed until 100% of your weight loss goal is achieved)



Phase 2: Pre-stabilization

Two Ideal protein foods per day plus veggies and 8oz lean protein at lunch and dinner



Phase 3: Pre-stabilization

One Ideal Protein food per day plus select carbohydrates and veggies with 8oz lean protein at lunch and dinner.



Phase 4: The Ideal Lifestyle!

Time to enjoy your freedom while maintaining your new shape! Continue making healthy choices while periodically checking in with your personal health coach!



Additional Benefits

Weight Loss

- Did you know just a 5-10% reduction in your weight can result in multiple health benefits including decrease in fasting blood sugar, overall cholesterol and blood pressure.
- Weight loss of 7% can reduce the risk of developing Type 2 Diabetes by 58%
- Improve GERD symptoms, and reduce pressure on hiatal hernias
- Improve OSA (obstructive sleep apnea)
- Decrease joint pressure and pain (in most cases)

Improved Convalescence

- Your body is primarily composed protein. With Ideal Protein's high quality, bio-available protein you will provide your skin and immune system with everything it needs to increase vitality and energy! This results in multiple benefits including skin revitalization, decrease in cellulite by shrinking fat cells, reversing the effects of aging and decreasing inflammation.

