



Banyan Wellness Center

In the Know

Dr. Archambault and Dr. Simone have some dates that they will be out of the office.

Dr. Archambault

May 2nd - May 3rd

June 7th - June 14th

July 18th - July 19th

July 25th - Aug 2nd

Sept 12th- Sept 13th

Oct 24th- Oct 25th

Dr. Simone

May 17th

We will do our best to keep you informed of how the schedules for the doctors change. We ask for your patience and understanding that while the doctors are away from the office they may or may not be able to answer questions through elation. In these cases it is best to call the office, particularly if you need immediate attention.

Date are subject to change and we will do our best to keep you updated.



HCG Special

Well its about that time of year when for most people those New Year's resolutions of weight loss or of getting in shape have fallen to the wayside. Albeit, I hope that this is not the case for you, if it is then I have something that can help to get you closer to your goal, back on track or get you kick started.

I have personally done the HCG program, my wife has done the program as well as my mother. You may ask yourself why I would want to do HCG. Very simple, life is busy and sometimes life happens and exercise does not. I have had times much like everyone where I was not able to exercise regularly and I was gaining weight. Rather then waiting until I gained 30 or 50 pounds I decided to do something about it immediately to bring my weight back into a range that I am comfortable with. Afterwards, I got back on track with my diet and exercise. After all maintaining is much easier then losing weight.

I have been offering HCG for over 13 years to my patients. I continue to feel that it is one of the most effective weight loss programs that is available to people. During a 30 day program men will lose on average between 20 - 30 pounds and women will lose on average 15 - 20 pounds depending on how closely they follow the program. Yes, I have a lot of patients cheat. Why, you ask? Very simple, the hardest part of this program is the mental and emotional component. The program works, but you have to be in the proper frame of mind and most of all committed to the program.



Supplement

This month's featured supplement which will be offered at 15% off will be the Detox Nutrient packets. I have written on a number of occasions about the toxic load that our bodies are under and how this toxic load contributes to many of the health conditions that we are facing today including autoimmune and cancer.

So what's in it? Well, to start with it has fish oil, which most of us are familiar with the myriad of health benefits of omega 3 including anti-inflammatory. It is full of vitamins and minerals to assist your kidneys and liver with detoxification

It has several antioxidants to help to protect your liver and kidneys. And lastly, it has a combination of herbs that are specific to help with detoxification of the multitude of toxins our bodies face on a daily basis.

I highly recommend taking this packet without the fish oil during HCG due to the significant detox that occurs, due to the release of toxins from the fat. I then recommend using it as part of your daily supplement regimen after HCG.

So How Does it Work ?

Dr. Simeone is credited with starting to use HCG for weight loss after observing that pregnant women were able to provide nourishment to their fetus during times of starvation via HCG opening access to their fat stores which was used as a fuel source. So, he put his theory to a test and started to inject obese individuals with small doses of HCG while restricting their calories and what he found is that these individuals were able to lose a lot of fat. Notice that I said fat and not just weight. Most people who do HCG will lose weight as well as a lot of inches around their body. Thus the start of the HCG weight loss.

Anyone will lose weight on 500 calories....

Yes, this is very true, there are only a couple of ways to lose weight, cut calories, burn calories or do them together. So, how is HCG different then just not eating as much? HCG will help to preserve your muscle mass as well as the healthy fat that you have around your body while targeting your "bad" or excess fat. We need fat, just, not that much and HCG opens up those specific fat stores to be used as fuel, putting your body into ketosis.

So, what happens after the program?

That is 100% up to you. HCG will help you to lose weight but will not keep it off for you, that part is solely and squarely on you. If you go back to eating pizza, tacos and venti caramel macchiatos then the weight will come back. If you maintain your calories and incorporate exercise into your lifestyle it will be very difficult for you to regain your weight. Remember, that this also means making sure that the other aspects of your life are also in balance, such as your hormones, stress and sleep.

What else can weight loss help with?

- Joint pain.
- Energy.
- Diabetes.
- Detoxification
- Sleep and sleep apnea.
- Hormones
- Cholesterol
- Depression.
- Blood pressure
- Self esteem
- Libido
- Low back pain

Features of our HCG program different:

- Your visits are with a physician
- The doctor will review your medical history and labs with you to make sure that you are a good candidate for HCG and that you are optimized to do the program.
- You have a 3 week follow up visit included within the program with the Doctor to help ensure proper termination of the program and maintenance of your weight loss after HCG
- You will receive B12 injections as part of your program
- Our office has over 13 years of experience with HCG

So what's the offer ?

We are offering \$50 off of either an established or initial patient HCG package

Call today to get on the schedule to take advantage of this special through the month of May.