



## **Everyday Health: Weight loss and Options that REALLY work!**

**By Dr. Sheryl Mills, Cuero Health Weight Loss Solutions**

With the holidays quickly approaching, so many are looking for a quick fix to fit into that holiday dress or suit to look their best for special holiday events. Yet, what we find time and time again is that there is no “quick fix” for optimal weight loss. Yes, with all the products on the market or maybe a short stint at the gym, you can find quick results, but in terms of your health, how healthy is this approach?

As a certified weight loss physician, I have studied many of these programs and found many to be lacking. At the end of the day, solid nutrition along with a consistent exercise program, plus the benefit of a medically supervised program leads to long term success. That is why I have partnered with Optifast. It is a program that usually lasts around 1 year and 18 weeks and is a physician supervised weight-management program. Using the program tools, I closely monitor and assess progress towards my patients’ improved health as well as emotional well-being. Optifast incorporates a meal replacement plan that over time transitions the patient to self-prepared meals, in conjunction with comprehensive patient education and support.

One of the key factors in landing on this program was the positive experience and documented outcomes and long- term success I discovered. Also, the initial success stories I have seen from my patients’ experience with it. Learning how to modify eating habits and implement a healthier lifestyle are the key components to this program. Unfortunately, many of us respond to emotional triggers by overeating and this results in weight gain. Once you better understand your triggers, you can develop short and long term strategies to help manage and avoid them, as well as develop healthier responses.

Did you know that losing just 5% of your starting weight is considered “medically significant”? Just 5 % weight loss has been found to be associated with improvements in risk factors and severity of certain diseases. The key takeaway is to not delay a healthy start. Get started today! Join a medically supervised program, join a gym and get a trainer to help guide you on program that is right for you and surround yourself with friends, family and co-workers that know your goals and want to support you every step of the way. Want to learn more about your weight loss program options? Call Cuero Health Weight Loss Solutions and schedule a free consultation on weight loss.

Now, what to do about that stubborn fat and cellulite once you lose the weight! Diet and exercise can make a tremendous difference in helping you to tone your body, yet sometimes you need some extra help. That is why Cuero Health invested in Verju. Verju is a low-level laser system that stimulates the fat cells to liquefy fat within the cells. Then the liquefied fat moves outside the cell, resulting in millions of fat cells becoming smaller so inches are reduced off the waist, hips and thighs. The fat cells are not injured in any way by this!

Plus, it’s painless. There is no heat or sensation whatsoever when being treated. You can resume normal activities with no downtime. This is a symptom-free process except for losing unwanted inches and cellulite.

Some can see results after only a few treatment sessions as their clothes fit more loosely. Many actually see the difference after 4-6 sessions. Family and friends often notice the difference, too, within the 1st 2 weeks of the Verjú program. By maintaining a healthy diet and exercising, you can expect long-term results.

Want to learn more? Call Cuero Wellness Center at 361-275-9355 to ask questions or to book your sessions.