



Fat Loss Program

LOSE WEIGHT AND SUSTAIN YOUR HEALTH!

Schedule a Consultation Today!

www.NextHealthMed.com • 703-724-4000

Overview

Lose unhealthy fat while retaining healthy, lean muscle. Next Health uses cutting-edge therapies and technologies to block and reverse the root cause of belly fat and body fat.

Healthcare does not work when we adopt a one-size-fits-all approach. A personalized and customized approach meets at the intersection of diet, exercise and lifestyle, and allows us to determine the best course of action for each individual and their bio-individual needs.

Lose weight and sustain your health with a medically and professionally supervised 4-week weight loss plan based on whole food nutrition, healthy lifestyle, and targeted supplementation to improve your quality of life without fad diets or unnecessary deprivation.

Initial Assessment

- Blood test
- BIA – body fat/lean weight/cellular fluid analysis
- CAM (Central Arterial Monitoring)

Follow-Up Labs

- Blood test
- Body Composition (BIA)
- CAM (Central Arterial Monitoring)

Benefits

- Wake up feeling rested
- Increased energy
- Stronger skin, hair and nails
- Alleviate GI symptoms

Key Factors

- Fatty liver or liver toxicity
- Toxic fat accumulation
- Inflammation
- Insulin resistance

What's Included

- Vitamin IV push
- Peptides (faster weight loss, reduces fat, improves insulin sensitivity)

Recommended Services (Additional)

- FIT (Food Inflammation Test)
- IV vitamin sessions
- Infrared sauna
- Hyperbaric oxygen therapy