

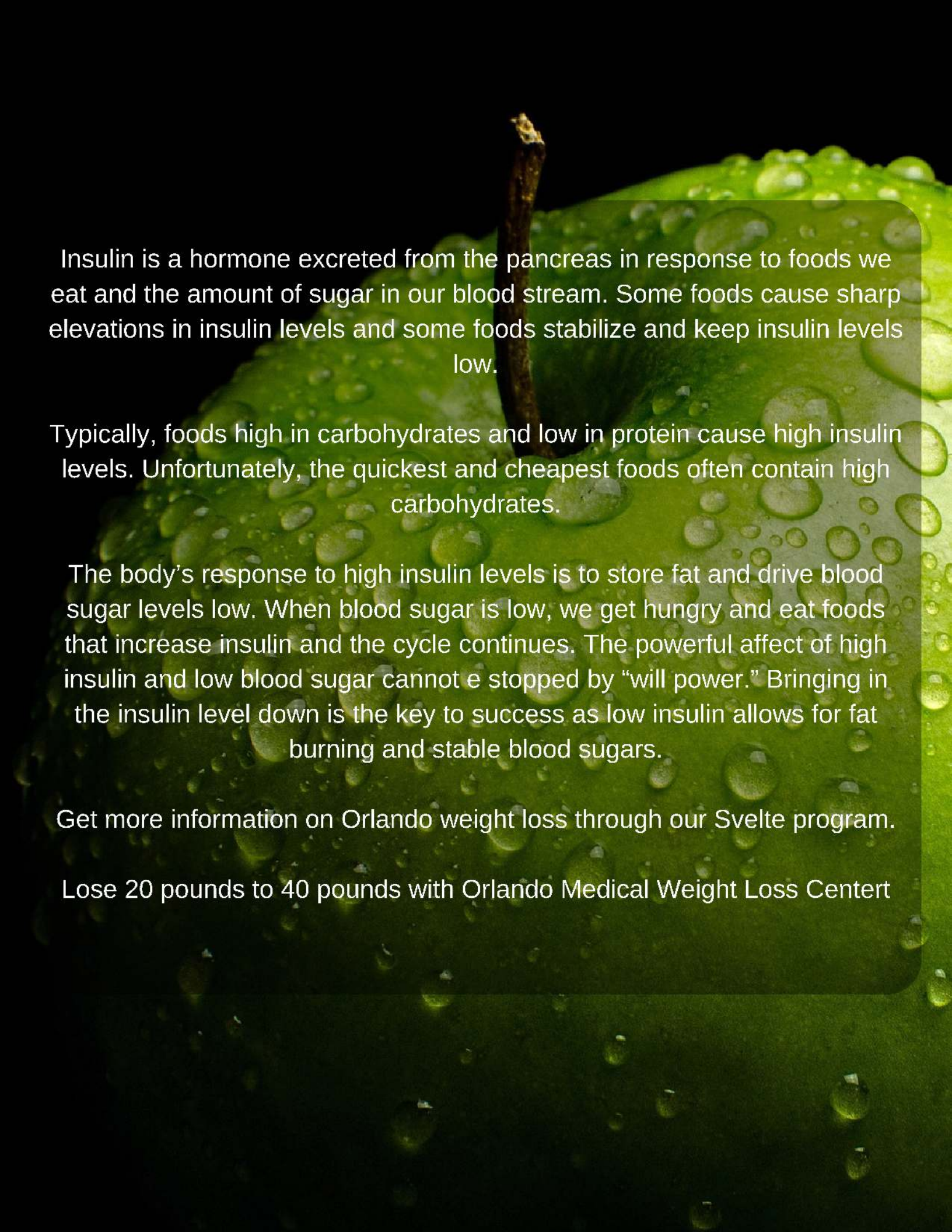


The Svelte Program focuses on Insulin levels and produces results!

If you have struggled with other weight loss programs in the past, we can help. We have a unique non-calorie counting program to help you feel great and get the body you want. It's all because of a unique, scientifically proven strategy. Our promise is straight-forward honesty, no gimmicks, no hype.

Our patients have seen dramatic results.

Frequently we have patients who report losing up to 40 pounds in 40 days and while we cannot guarantee that you will have the same exact results, we can guarantee that you will lose weight. Your success depends on several factors, which we will cover with you in a consultation. We encourage you to check out our patient testimonials. Our program focuses on achieving results through insulin stability



Insulin is a hormone excreted from the pancreas in response to foods we eat and the amount of sugar in our blood stream. Some foods cause sharp elevations in insulin levels and some foods stabilize and keep insulin levels low.

Typically, foods high in carbohydrates and low in protein cause high insulin levels. Unfortunately, the quickest and cheapest foods often contain high carbohydrates.

The body's response to high insulin levels is to store fat and drive blood sugar levels low. When blood sugar is low, we get hungry and eat foods that increase insulin and the cycle continues. The powerful affect of high insulin and low blood sugar cannot e stopped by "will power." Bringing in the insulin level down is the key to success as low insulin allows for fat burning and stable blood sugars.

Get more information on Orlando weight loss through our Svelte program.

Lose 20 pounds to 40 pounds with Orlando Medical Weight Loss Centert