

New One Stop Wellness Clinic's Weight Loss Program

One Stop Wellness Clinic, now offers practitioner guided weight reduction programs for virtually anyone. Each program is uniquely fit for each individual with endless support and information.

Edina, MN (September 2012) - One Stop Wellness Clinic has the latest in wellness services for Minnesota and the surrounding states. The wellness program is comprised of both practitioner guided bio-identical hormone therapy using natural hormones and weight loss programs fit for each individual. The clinic offers both the HCG Diet and an Appetite Controlled Diet.

The HCG diet has shown a loss of large amounts of fat instead of muscle, elimination of cravings and addiction to carbs and fats, effortless ability to control portions, improved energy and mental clarity, and easy maintenance. The use of small amounts of the natural hormone Human Chorionic Gonadotropin (HCG) in combination with a low-calorie, low-fat diet was shown to be effective in losing weight rapidly. Experts now believe that these low doses of HCG preserve lean muscle mass while aiding in the selective burning of fat when used with a low-calorie diet.

"Patients have lost nearly 20 pounds in their first 4-5 weeks on the HCG along with a diet especially tailored for the most efficient weight loss and fat burning. We have had other patients, who could not lose any weight on any other diet, lose 30-50 pounds on our HCG formula with approximately 90-100% of the weight loss being pure fat according to our body composition analysis testing," stated Katie McClellan, PA-C.

One Stop Wellness Clinic also offers an Appetite Controlled Diet for those who cannot or do not want to do the HCG diet. The premise of this diet is eating foods low in fat and high in fiber and/or protein. The glycemic index (GI) is a tool to tell you how quickly a food turns into sugar in your body. Foods with a high GI spike your blood sugar rapidly and is best to limit high GI foods such as refined carbohydrates like white bread, pasta, cereal and rice, as well as soda, candy, and snack foods. Instead, the focus should be on low GI type foods such as high-fiber complex carbohydrates, fruits, vegetables, and various types of meat and fish.

"Our Appetite Controlled Diet consists of eating 3 meals per day and snacks when hungry. The diet is tailored to you. At your initial visit we go over the diet and determine your specific calorie needs and we help you learn what the best foods are to eat, and how many servings per day. Many say that they don't feel like they are on a diet when they start the program, because the foods they are eating help them feel fuller longer without a lot of limitations," stated Dr. Steven Shu.

One Stop Wellness is the latest in wellness services for Minnesota and the surrounding states. Our wellness program is comprised of both practitioner guided bio-identical hormone therapy using natural hormones and weight loss programs based on each individual. Our mission is to provide the highest level of personalized service to each of our patients. For more information on One Stop Wellness Clinic, please visit the center's website at <http://www.onestopwellnessclinic.com>.

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