

Body Composition Plan 2021

Patient education



B E L L A
health + wellness

Making people whole

BELLA HEALTH + WELLNESS
2021

A message from our founder

Appointment Plan

1 : meet with your provider - enrollment & prescription order

2 : two weeks later - meet with a Bella trainer - receive meds & set goals

3 : two weeks later - checkup & weigh in with a provider

4 : continue bi-weekly visits for remainder of the 12 weeks

5 : final visit to set long-term, ongoing plan

Step One

Appetite Suppressant Capsules

What is Suppress?

AMLEXANOX/ BUPROPION/ NALTREXONE

Amlexanox is an anti-inflammatory and anti-allergic compound traditionally used to treat ulcers by reducing healing time. It has been shown to inhibit multiple enzymes, which produce reversible weight loss, increase energy, reduce inflammation, and improve insulin sensitivity. Bupropion is a noradrenaline/dopamine reuptake inhibitor while Naltrexone is an opioid receptor antagonist. Both work to stimulate melanocortin cells, synergistically working to improve weight reduction and suppress your appetite. Effects are consistent with reduced food intake, increased energy expenditure, and weight loss over time.

PROTOCOL:

Take 1 capsule by mouth every morning.

SIDE EFFECTS MAY INCLUDE:

- Nausea, vomiting, diarrhea, dizziness, dry mouth and sleep issues.

Patients with a history of uncontrolled high blood pressure, seizures, eating disorder, or alcohol/opioid addiction should consider other treatment options.

Patient should consult with their doctor before starting if they are currently prescribed:

- Carbamazepine, Phenobarbital, or Phenytoin (Anticonvulsants)
- Efavirenz, Lopinavir, and Ritonavir (HIV Treatment)
- Antidepressants
- Pain Medications

Step Two

Fat Loss Cream

What is Fat Loss Cream?

AMINOPHYLLINE/ GLYCYRRHETINIC ACID

The Fat Loss Cream is best used to reduce subcutaneous fat by preventing Cyclic AMP breakdown. The role of Cyclic AMP is essential in many biochemical processes, including the regulation of glycogen, sugar, and lipid metabolism. The Fat Loss Cream activates protein kinase A (PKA), consequently increasing fatty acid oxidation. In a clinical study, aminophylline was shown to reduce waist circumference in both men and women by 11 cm over a period of 12 weeks. Glycyrrhetic acid alters fat mass by inhibiting adipogenesis and stimulating lipolysis in fat cells. Both active ingredients combined effectively combat fat loss. The cream has most optimal results when applied topically.

PROTOCOL

Apply 2 pumps on problem areas 2x daily (morning and evening).

SIDE EFFECTS MAY INCLUDE:

- Skin dryness
- Irritation

Step Three

Sermorelin/Glycine Peptide Injection

What is Sermorelin/ Glycine?

Sermorelin/Glycine works to burn fat, increase lean muscle, enhance energy and memory, and improve hormonal balance. Sermorelin is a synthetic hormone peptide composed of 29 amino acids, similar in structure to a growth hormone releasing hormone (GHRH). It is commonly utilized to optimize growth hormone levels in adults, offering a variable IGF-1 increase. Glycine is an amino acid that plays an important role in the control of the hypothalamic-pituitary function, impacting growth hormone release. Enjoy a better night's rest, less daytime fatigue, enhanced mental clarity while receiving an enhanced synergistic boost to your IGF1!

PROTOCOL

Inject 0.2 subcutaneously at bedtime 5 (consecutive) nights out of 7 per week.

SIDE EFFECTS MAY INCLUDE:

- Pain
- Swelling
- Redness on injection site

Less than 1% of patients may experience flushing, headache, and dizziness.

Step Four

Lipolean Injections (B12 Combo)

What is Lipolean?

METHIONINE/ INOSITOL/ CHOLINE

The Lipolean Injectable is a combination of lipotropic agents which have shown the ability to aid in the breakdown of body fat by affecting lipid metabolism and insulin sensitivity. Methionine is an essential amino acid, which plays an important role in metabolism. Inositol is a vitamin-like natural sugar related to the B vitamin family. Inositol helps to metabolize fat and may improve insulin function in the body. Choline is an essential nutrient related to B vitamins. Choline is responsible for lipid metabolism and fatty acid transport. In addition, Choline has several other functions including supporting cell membrane structure. The most optimal results are seen in combination with consistent exercise and dieting.

PROTOCOL

Intermuscular or Subcutaneous Injection

IM: Inject 1ml into the muscle once weekly.

SQ: Inject 0.5ml subcutaneously at bedtime two times weekly.

SIDE EFFECTS MAY INCLUDE:

- Constipation
- Rapid heartbeat
- Insomnia
- Dry Mouth
- Fatigue

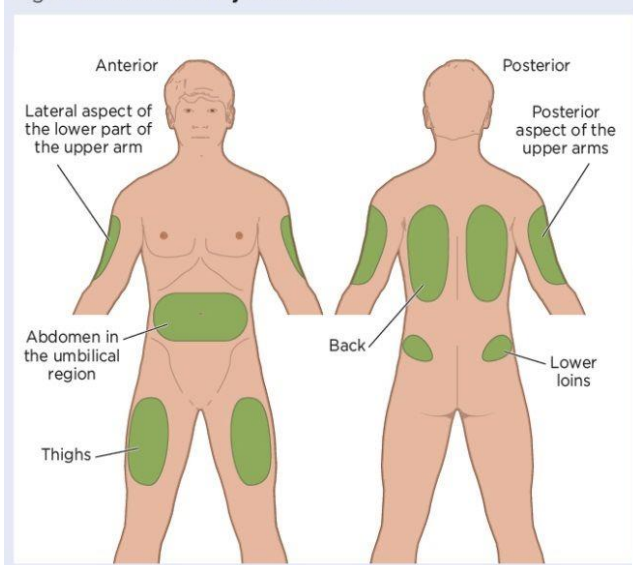
How to give yourself Intramuscular and Subcutaneous Injection

You will be taught by a nurse at Bella how to give SubQ And IM shots. Here is a step-by-step instruction explaining how to do so.

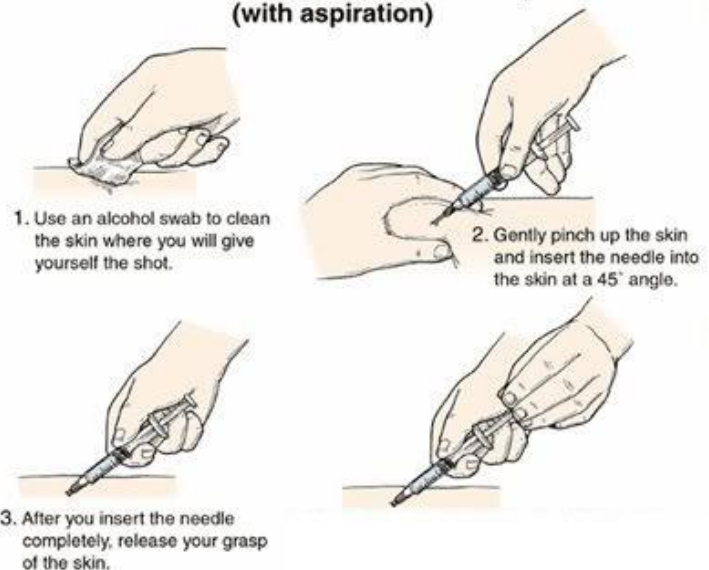
Subcutaneous Injection

- 1) It is important to clean the injection site with an alcohol swab before you give yourself an injection.
- 2) Grab a fatty area you wish to use as the injection site (such as the abdomen).
- 3) Insert needle at a 45 degree angle.
- 4) Keep hold of skin once needle is inserted.
- 5) While holding skin, push/inject fluid through needle.
- 6) Once finished, withdraw needle and discard.

Fig 2. Subcutaneous injection sites

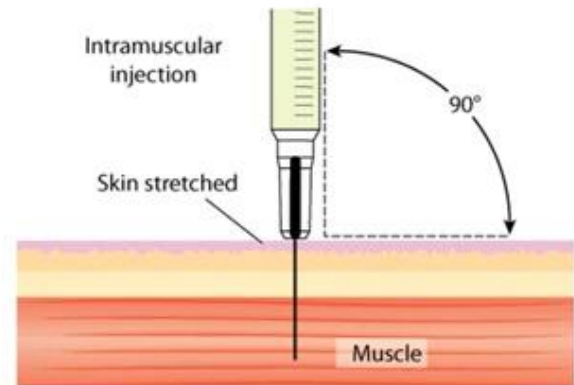
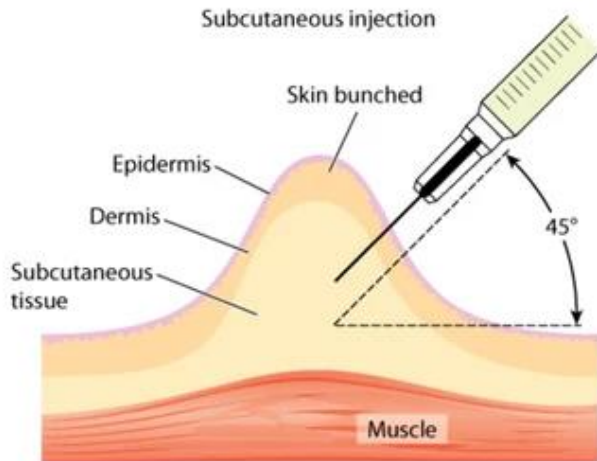


How to Give a Subcutaneous Injection (with aspiration)



Intramuscular Injections

- 1) It is important to clean the injection site with an alcohol swab before you give yourself an injection.
- 2) Find a place on your body in which you can easily insert the needle into muscle (such as the thigh).
- 3) Insert needle at 90 degree angle.
- 4) Push fluid through needle and withdraw fluid once it is finished.



Common Questions

Q: What if I skip a dose?

A: Not to worry! Just pick up right where you left off. Remember, consistency is key. Try not to skip any doses.

Q: How long does it take to see results?

A: Results may vary! Depending on your body and your activity level, it may take a longer to see results. Be patient and consistent!

Q: What kind of diet should I be eating with this plan?

A: It is important to eat healthy and exercise regularly. Bella recommends Whole30 or Paleo as clean eating options.

Q: If I have questions or concerns, who should I contact?

A: Please do not hesitate to contact us! If you have any questions, please email us at Health@bellawellness.org, or call Bella's main office at (303) 789- 4968.

Q: What if run out of my supplies early before the full month is over?

A: This may happen. Contact us, and we will get you more ordered as long!

Q: Once the weight is gone and the plan is over, how will I maintain my new weight?

A: Once your plan is complete, you will work with your provider 1:1 to discuss if you should do another round or create a specialized plan that works just for you!

*Disclaimer- results may vary. Bella Health + Wellness is not liable to compensate if results are not as desired.