



The Ideal Protein Protocol Invigorates an Internist's and Her Practice

"In learning about the Ideal Protein Protocol, I was impressed with the four phases plus the ongoing support, education and intensive coaching that motivates patients to stick with lifestyle change for the long haul. The protocol makes biological and physiological sense, and proves itself in action. I was so impressed with the Ideal Protein Protocol that I've incorporated it into my program to teach medical students about obesity."

- Linda Anegawa, M.D., F.A.C.P. Owner, OSR Weight Management, LLC, Kailua and Honolulu, HI, osrweightmanagement.com



With over a decade of experience spent in primary care and a weight loss surgery clinic, Dr. Linda Anegawa has now dedicated her life to helping patients deal with their obesity. She is board certified in Obesity Medicine as well as Internal Medicine, and is a Fellow of the American College of Physicians. Dr. Anegawa plays a national role in education, serving on the Obesity Medicine Association's Medical School Curriculum Committee. She is also Clerkship Director for the University of Hawaii's John A. Burns School of Medicine, overseeing the education of third and fourth year medical students. It was in this role that she became alarmed at the lack of training that aspiring physicians receive in weight management.

"My students now have the option to train with me on various approaches to obesity treatment, including the Ideal Protein Protocol," Dr. Anegawa says. It is the only clinical rotation in the U.S. at a practice which uses Ideal Protein, and an option she is proud to offer, because she knows the protocol, a medically-designed solution for weight loss and weight maintenance, works.¹ Students learn the physiologic basis of the protocol, and learn to interview and examine patients on various phases while making treatment recommendations under Dr. Anegawa's supervision.

Dr. Anegawa first began investigating weight loss programs as the Medical Director for Oahu Spine & Rehab (an integrative pain care practice). After doing her research and talking to other clinicians using Ideal Protein, Dr. Anegawa decided to beta-test the Ideal Protein Protocol with a control group of Oahu Spine & Rehab's employees. They not only shed the extra pounds, but the practice collectively gained valuable knowledge on how to make the protocol work in the lives of

busy professionals. That was in early 2015, and after seeing these results, OSR Weight Management was started as a separate division in April of that year. In the first eight months of operation, OSR Weight's patients collectively lost 2500 pounds.²

"At the beginning, dieters question the weekly visits, but they eventually realize that those visits help them stay focused and make the weight loss protocol much easier to follow," Dr. Anegawa states. "It's incredibly rare to have patients drop out. They tell me this is the easiest weight loss approach they have ever tried, as they are rarely hungry as their insulin levels are naturally lowered through the protocol. Many patients do not realize that insulin is a hunger and fat-storing hormone, produced in excess as part of metabolic syndrome. I have not had to prescribe a single pill to help patients with hunger. If anything, I am taking medications away because they are no longer needed due to the weight loss patients experience when they follow the protocol. I still feel like a primary care physician but kind of in reverse: instead of increasing doses of medications for diabetes, hypertension, and hyperlipidemia like I used to do, I am progressively decreasing doses for most patients under my care."³

Dr. Anegawa is seeing great success not only in outcomes, but in patient volume, and she recently opened a second practice location on Oahu to meet demand. A third location is also in the planning stages.

She credits her success to two factors. "When OSR's employees went through the protocol and lost so much weight, our patients started asking how they did it. They were our own best marketers." In addition,

Dr. Anegawa is meticulous about sending progress reports to referring physicians, who are more likely to refer as they see the stellar results their own patients are enjoying.

"As they lose weight, people are often able to come off their medications for hypertension, hyperlipidemia and diabetes."⁴

We've had patients with chronic pain who no longer have to take pain prescriptions after losing the weight successfully. This is because fat cells produce inflammatory molecules that can contribute to syndromes such as fibromyalgia and rheumatoid arthritis. As they lose weight, patients enjoy reduced pain symptoms and improved quality of life. It is so satisfying to be assisting other doctors in the care of their patients, and to feel that we are actually making a big difference."

All new patients receive a complete medical evaluation by Dr. Anegawa, who employs two health coaches. The practice has an ongoing average of 130 active Phase 1 dieters. Those who have completed the protocol are always welcome to attend monthly potlucks, where Phase 1-only dishes are permitted. "Maintenance dieters are big source of inspiration for dieters just starting out," Dr. Anegawa states. "They understand all the questions and concerns new dieters have, and their support helps newcomers stay committed and on track."

She adds that maintenance-phase dieters are still encouraged to come in monthly. All maintenance phase dieters pick a "trigger weight" that will bring them back to Phase 1 if they find the pounds creeping back. "We tell them they are always welcome," she says. "We say they are always 'Ohana,' which means family in Hawaiian."



Insulin

Ideal Protein's medically developed protocol tackles the root cause of the weight gain— the body's overproduction of insulin— by restricting consumption of sugars and carbohydrates— achieving optimal results through lowering poor fat intake, while maintaining adequate protein intake to preserve lean mass.



The Ideal Protein Protocol is a proven, four-part protocol that enables safe, effective weight loss, which leads to improving patients' health. The protocol includes a structured maintenance program to sustain weight loss success.



The Ideal Protein Protocol helps the practice meet revenue goals, including achieving pay-for-performance measures for maximum reimbursement.

The Ideal Protein Difference

The Ideal Protein Protocol is medically designed and developed, and is consistent with evidence-based guidelines for weight loss management and maintenance. It is a safe, effective weight loss solution for the obese and overweight patient, including those with metabolic syndrome.

3,000

The Ideal Protein Protocol is exclusively available from Ideal Protein's 3,000 approved health care clinics and centers across North America.

Outcomes

Ideal Protein is focused on partnering with you as part of your "Healthy Patient Outcomes" Team— the value of your approach toward patient care, outcomes and sustainable patient health.



The Ideal Protein Protocol is comprehensive and turnkey, with no costs for training and implementation, and no long-term commitment.

FIND OUT ABOUT CLINIC PARTNERSHIPS WITH IDEAL PROTEIN

IDEAL PROTEIN / LABORATOIRES C.O.P. INC

60 Jean-Proulx, Gatineau Qc J8Z 1W1 | Phone: 819.772.4447 | Toll-free: 1 866.314.4447 | Fax: 819.772.0416 | www.idealprotein.com

