



From infertility to post-menopausal weight, OB/GYN finds a solution for women of all ages and stages with the Ideal Protein Protocol

“The Ideal Protein Protocol is another tool in our tool chest that is not medication. When we look at obesity across the country, including obesity in pregnancy with all the risks and morbid complications, how could we not help our patients to lose weight?”¹

- Kelly G. Bagnell, MD, FACOG, The Lake Lifestyle Medical Clinic, Polson, MT



For 18 years, Kelly G Bagnell, MD, FACOG has practiced Obstetrics and Gynecology in Polson, Montana—a small town 67 miles to the north of Missoula, Montana with a population of about 4500. Dr. Bagnell was unhappy with her own weight, but with a busy practice, four active teenagers and life stressors, she didn't think she could possibly fit in a weight loss plan—until she learned about the Ideal Protein Protocol, a medically-designed protocol for weight loss and weight maintenance.

Dr. Bagnell's best friend, also one of her patients, lost a significant amount of weight on the protocol—spurring her into action. Dr. Bagnell says, “Every week, I drove an hour each way to do the protocol. I lost 60 pounds in four months.² I set a goal and I just breezed right through it, and I could not believe how great I felt and the increased amount of energy I had! Suddenly, all my patients began asking, ‘Dr. Dr. Bagnell, what are you doing?’”

Dr. Dr. Bagnell estimates that about 45 to 50 percent of her patients are overweight and obese.

Seeing her patients suffer from a host of obesity-related health ills including Type 2 diabetes, heart disease, metabolic syndrome³, depression⁴ and arthritis;⁵ as well as female-specific obesity related complications such as Polycystic Ovary Syndrome (PCOS) (PCOS symptoms can be exacerbated by obesity)⁶, infertility⁷ and post-menopausal weight gain, Dr. Bagnell vowed to help her patients lose weight and improve their health. “Most of my patients aren't able to make that weekly drive like I did,” she says, “so I decided to bring the protocol to them.”

Dr. Bagnell was so passionate about the protocol that she opened her own independent clinic in Polson. She has been offering the Ideal Protein Protocol at The Lake Lifestyle Medical Clinic for nearly three years. Dr. Bagnell said, “I just really believe in the protocol and I was going to find a way to bring it to Polson.”

In the first year of operation, Dr. Bagnell's patients lost 6300 pounds. Her clinic has about 100-125 active dieters, and she estimates that they see between 75-125 people a week.

Dr. Bagnell's decision to bring the Ideal Protein Protocol to the community changed lives—and helped bring new ones into the world. Partly because of complications from obesity, many of her patients endured years of agonizing infertility.⁸ Equipped with the protocol, she helped patients lose weight, and as a result of the weight loss, regulate their insulin levels and realize their dreams of motherhood. “Women with PCOS have started the protocol, and within two or three months, they've gotten pregnant. I've asked people to lose 50 pounds before they try to conceive— but they got pregnant after just losing 15 pounds,”

Dr. Bagnell says, “I still wish they'd lost the 50 pounds for their overall health and to decrease obesity-related pregnancy complications, but just by regulating their insulin levels, it allowed them to ovulate again.”

Dr. Bagnell says the Ideal Protein Protocol is an answer for weight-challenged post-menopausal women. “On average, women gain about 17 pounds during menopause— all in the stomach and the rear end,” she asserts, “The weight gain, along with all the other menopausal

symptoms like night sweats, irritability and insomnia can be very troublesome. People told me that taking estrogen can make you gain more weight. When I did the protocol, I was on estrogen, going through menopause—and I lost 60 pounds. I'm 51 years old. You can lose it.”

Reinforcing the message, Dr. Bagnell offers the example of her seventy-eight year old mother-in-law who lost the post-menopausal weight she's been carrying around for decades. “Because of the Ideal Protein Protocol, she finally lost the weight—and she's just so excited,” Dr. Bagnell applauds. Her mother-in-law is now one of the trained coaches at the Lake Lifestyle Medical Clinic.

Dr. Bagnell has witnessed dramatic health outcomes in patients who have lost weight on the protocol. “When you can take a patient with type 2 diabetes who is on four medications—and you can have her lose 60 pounds, and get her off all her medications as a result of the weight loss, and get her hemoglobin A1C from 10.7 to 5.7— How powerful is that? It's very powerful— and that's what I like about it.”⁹ She enthusiastically cites a patient who was a candidate for gastric bypass surgery. After going on the Ideal Protein Protocol, she lost 180 pounds and now only needs to lose 40 more. “She was so delighted; she wrote a jingle about Ideal Protein,” Dr. Bagnell giggles, “She'll even sing it for you!”¹⁰

One-on-one weekly coaching is instrumental to dieters' success at the Lake Lifestyle Medical Clinic. Dr. Bagnell now has two full time trained coaches and two part-time trained coaches on staff. She says, “All of my coaches have completed the Ideal Protein Protocol. When I





hire someone, I put them through the protocol and I have them watch all the wonderful videos that Ideal Protein offers.”

The start-up process with the turnkey protocol was relatively easy, Dr. Bagnell says. “My rep at Ideal Protein was amazing in helping me navigate the product orders, inventory and payroll-and I really have a lot of control over the business.” The initial investment to set up the Ideal Protein Protocol in Dr. Bagnell’s clinic was very minimal- under \$5000- and she was delighted that

she recouped her initial investment in just six months.

Dr. Bagnell has simple advice for other OB/GYNs who might consider offering the Ideal Protein Protocol. “Many OB/GYNs have weight to lose themselves, and I’d tell them to try it and see how it works. With other weight loss plans, I had people plateau, give up and just stop. There are no plateaus on this protocol. I’d tell them this is something you really need to offer your patients.”

“Doctors are very skeptical,” says Dr. Bagnell, “That’s our natural inclination. We think, is this good? Is it going to do harm? So when you find something that you know is good and it changes your life, it’s very powerful.”



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