



# WEIGHT MANAGEMENT PROGRAM

Weight, BMI assessment, blood pressure, target weight, pulse rate assessment for exercise, diet options, as well as discussion regarding various medications for increasing metabolism and appetite suppression.

## FEES:

- Initial Visit-** \$375 for new patients  
\$275 for established patients
- Follow up visits-** \$175 (must have 2 monthly f/u visits after first appointment and then f/u visits every 3 months)
- Lipo Slim Mic injection-** \$30 each or \$105 for 4 (given weekly)

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

For further questions, please contact the following by phone or email:

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**Randy A. Birken, MD**



# HCG (HUMAN CHORIONIC GONADOTROPIN) FOR WEIGHT MANAGEMENT

A study published in 1954 revealed that high levels of HCG during pregnancy regulated metabolic function and controlled metabolism. The mechanism of action is HCG's effect on the hypothalamus to moderate the thyroid, adrenals, fat storage and metabolic rate while mobilizing fat out from fat storage and increasing circulating calories for body to utilize. A 2006 study showed that HCG increases adiponectin (ADP) levels, a fat cell hormone involved in glucose and lipid metabolism.

HCG is given as a self-administered daily subcutaneous injection of 125 IU daily (1cc). The only contraindication is pregnancy or plans for pregnancy during treatment.

HCG treatment's goal is to lower the degree of hunger and enhance a better sense of well-being. Patients on HCG are more apt to remain on a low-calorie diet. I have been explained the off label and non-FDA use of HCG to promote weight loss as well as the risks, complications and alternatives.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## LIPO-SLIM INJECTION

Levocarnitine encourages the metabolism of fat by helping the transfer of fatty acids to the power houses of the cells, the mitochondria. It increases the body's ability to release stored fat in the form of triglycerides which provide more energy to the body. Added bonuses are that it also stops fat from building up in organs like the heart and liver which improves the function of both the heart and liver. It is also known to increase the number of androgen receptors in muscles which allow muscle to utilize testosterone resulting in an enhanced ability to build muscle, thereby reducing fat and enhancing energy levels.

Choline is an important fat emulsifier involved in the biosynthesis of lecithin and the formulation of the amino acid methionine. It aids in emulsifying cholesterol so it doesn't settle on the arterial walls. Inositol, Choline and Methionine are integrally involved in how the liver handles fats. This powerful nutrient trio triggers your body to burn off excess fat. The maximum level of choline has been set for safety at 3.5 g/day. Taking too much choline could result in your body smelling fishy, may cause nausea, depression, and could trigger existing epilepsy. Hypotension, sweating, salivation and diarrhea have also been reported.

Inositol is a simple carbohydrate which has been demonstrated to accelerate the transport of fat through the blood system. Inositol, Choline and Methionine are integrally involved in how the liver handles fats. This powerful nutrient trio triggers your body to burn off excess fat. Inositol is virtually free from side effects.

Methionine is an amino acid which acts as a catalyst for Choline and Inositol, thus speeding up their function. Methionine is one of the essential amino acids (building blocks of protein). It supplies sulfur and other compounds required by the body for normal metabolism and growth. Excessive methionine intake, in the presence of inadequate intake of folic acid, vitamin B6, and vitamin B12, can increase the conversion of methionine to homocysteine—a substance linked to heart disease and stroke. However, whether this relationship creates significant hazard for humans taking supplemental methionine has not been established. Supplementation of up to 2 grams' methionine daily for long periods of time has not produced any serious side effects.

Vitamin B12 (hydroxocobalamin) is involved in the metabolism of fats, proteins and carbohydrates thus being involved in the generation of energy. Also, is critical for production of red blood cells and for the optimum functioning of the nervous system. Vitamins B12 and B6 work closely together to control blood levels of the amino acid homocysteine. Vitamin B12 is considered safe and non-toxic. No toxic or adverse effects have been associated with large intakes of vitamin B12 from food or supplements in healthy people.

Vitamin B6 (pyridoxal-5- phosphate) helps with weight loss through a stimulating effect on the thyroid and by reducing water retention. When calorie intake is low, vitamin B6 helps convert stored carbohydrates to glucose to maintain normal blood sugar levels. Vitamin B6 is needed for more than 100 enzymes involved in protein metabolism.

Directions: 2cc IM weekly

**Randy A. Birken, MD**