FIREMAN WEIGHT LC

A CASE STUDY IN GROUP HEALTH BY DR. GARY HUBER - 2011

10 Fireman participated on the study with Huber Personalized Medicine and produced the following results.



100%

Participants' blood pressure improved

Decreased use of medication



49.1 lb

Average weight loss per person over 6 months.

18 lb

Average weight loss per person over 4 weeks.

40.5 lb

Average weight loss per person over 12 weeks.

= 491.6 lb

Total weight loss for the group.



HEALTH IMPROVEMENT

- Best shape of my life. It doesn't feel like a diet sleep has improved but rather a lifestyle.
- notice less joint pain, and energy is up.
- 66 feel great, by exercising more, triglycerides have been cut in half.
- **66** am in disbelief of how well this program works. **Energy improved and** exercise increased.

ENERGY INCREASE

- Indigestion and mood improved, sleep and energy have all increased.
- New habits feel easy and natural. My exercise has increased and my energy is much better.

PERSONALIZED CORPORATE HEALTH

The Personalized Corporate Health approach we offer employs a detailed and progressively educational platformthat gradually leads the patient to implement new lifestyle habits that replace old bad habits. It is comprehensive in its design to incorporate:







Mindfulness Training and education along with cognitive behavioral therapy



Lab Assessment and analysis by Dr. Huber & dietitian Chelsea Caito



Personal Support e-mail and phone availability to trouble shoot and support



Weekly engagements

to ensure compliance as well as help mold behaviors and provide motivation

The **Huber Personalized Weight Loss Program** accomplishes the goal of 10% weight loss or more in 100% of its patients in less than 12 weeks. In some cases this occurs in the first 4 weeks.