



What Health Professionals Have To Say About Ideal Protein

Dr. Lisa Jukes *F.A.G.O.G., TX*

As a gynecologist in the health conscious city of Austin, Ideal Protein has become one of the most uplifting aspects of my practice. The protocol has enabled me to witness tangible improvements with my patients affected by Type II diabetes, hypertensive diseases and specifically for my practice, Polycystic Ovarian Syndrome (PCOS). We find that patients with PCOS and infrequent periods will typically resume monthly cycles and may be able to stop certain medications taken for the treatment of this condition. Also, we found that our patients that followed through with the weight loss method showed significant improvements in self-confidence and energy levels. Our practice has accompanied entire families through the Ideal Protein Weight Loss Method and watched them become healthier and more cohesive. Most importantly, the above-mentioned benefits are often achieved without a need for further medication.

Dr. Mark Haynes *Montana Pain & Rehab Center, MT*

You changed my life. Ideal Protein is truly awesome. I feel great and we are making 120K extra per year. What a great adjunct to my practice. Thanks again.

Dr. Cameron Dudley *Dudley Chiropractic, Las Vegas, NV*

It was very easy to implement and an excellent addition to our practice. We have been averaging five new dieters per week without advertising costs. The diet is so successful that word of mouth has been our only source of advertisement. I presently as of July 1, 2009 have approximately 60 active dieters, looking to open a second and third location and expect to hire an associate doctor so I can spend more time growing my weight loss business. I would recommend this to any chiropractor that would like to add income that is not insurance dependent.

Dr. David MacAskill *Optimal Life Chiropractic, Whitby, ON*

As a busy Chiropractic clinic operating for the past 23 years, the decision to introduce the Ideal Protein business model to our practice was a simple one, since our own clinical trials led us to losing those excess pounds safely and in a short period of time. Continuously seeing dieters experiencing increased health and vitality, including no longer requiring high blood pressure medication or insulin injections, encourages us to look at hiring more coaches and expanding the weight loss portion of our practice to help more of our patients achieve a healthier lifestyle!

Dr. Douglas Rothrock *Let's Get Healthy 4 You, Prescott, AZ*

The Ideal Protein Weight Loss Method has proven to be a life-changing catalyst, personally and for my patients. Obesity and Metabolic Syndrome are now one of the leading causes of disease and premature death in the U.S. As a cardiologist, the Ideal Protein Weight Loss Method is a wonderful tool I can recommend to my patients that will bring major benefits to their cardiovascular health, overall well-being, and lifespan. This methodology should be required training for all medical students, and is the most exciting and successful advancement in the treatment of obesity that I have seen in my 30-year career.



Dr. Mohammed Mohiuddin *Ideal Weight Management Center, Rutherford College, NC*

We were so excited about our personal results and wanted to offer this to our patients since I felt that every 4th or 5th patient of mine needed to lose weight and finally I had a way to help them achieve that goal. I started offering the Ideal Protein Weight Loss Method to my patients 6 months ago and have had very many satisfied patients who were able to lose weight and more importantly keep that weight off. This has increased my patient load in my practice so much that I have had to add extended hours in the evening to accommodate my diet patients. Obesity is such a growing problem in our nation and although I live in a small town I have seen a rapid increase in the number of people with a weight problem. We are very happy to be able to help our patients tackle this difficult problem of obesity and its myriads of health hazards that come with it.

Dr. David Papish Board Certified Osteopathic Family Physician *Clearwater Family Practice, Clearwater, KS*

Living in a small town doesn't allow you to hide, and my patients' success has spread like wildfire. As each one loses weight, adopts a healthy lifestyle, many saving hundreds of dollars on prescription medications in the process. They share their story with their circle of family, friends and coworkers, many of whom catch the enthusiasm and call our office with inquiries. We are so excited with the results and the life changing stories we hear every day. In October 2009 we opened our first satellite in Wellington, Kansas and have since opened two more in Colwich, Kansas and Derby, Kansas. Mind you, these are not large cities, but relatively small, rural Kansas towns. In the past year our patients have lost over 6,500 pounds and we (as well as they) are thrilled. And through it all, the Ideal Protein staff and company support has been stellar. This is not just about weight loss, this is all about health!

Dr. Orrin McLeod *McLeod Medical Center, Cedar Crest, NM*

After just a month of offering the Ideal Protein plan in our office we have more than 20 patients on the plan as well as 6 employees. Everyone is doing well and enjoying the results! We have several monks from a nearby Monastery on the program who are vegetarian and have some restrictions on what they can eat. We were successfully able to accommodate them with the Ideal Protein plan and they are doing very well.

After seeing the presentation by Monsieur Benloulou I decided to start on the program myself for nutritional purposes. I did not need to lose weight but after seeing the presentation I realized how poor my nutrition had been. I am extremely active and I realized I had not been eating anywhere near enough protein. I had been skipping a lot of meals because I felt like I did not have the time to eat. Ideal Protein made meals so quick and simple. I am now eating 4 times a day and consuming the correct amount of protein for my body weight. I have so much more energy and I see noticeable changes in my body's shape and definition. This is the perfect diet for me and I didn't even have any weight to lose!

Henry L. Rojas, MD *MS Ideal Medical Weight Loss, Carmel, NY*

Since we have started an Ideal Protein clinic of our own in May of 2009, we have had great success; success with our patients and success with our profits. We have made a significant difference in the lives of many people suffering from obesity. As a physician, it gives me great pleasure to titrate patients off their medication(s). Truly, we have seen such changes in these people. Regarding our profits, we have had great success in such a short time. As mentioned earlier, we only opened our doors less than a year ago, and we currently have over 100 patients on our roster. Additionally, this number continues to rise due to the stellar results people have. We are pleased to say that Ideal Protein has been the last diet for many of our patients. We couldn't be happier with the outcome.



As we continue to grow our practice, we will continue to recommend the Ideal Protein Weight Loss Method to fellow practitioners and patients alike. We have been very pleased with the results and couldn't ask for a better support team.

Dr. Renee Moss MD *Reneau Medical, Williamsburg, VA*

We were able to implement the Ideal Protein program in our practice immediately. The support from the company was especially helpful in our successful launch. We have been very pleased with the results our dieters have achieved.

In addition to losing weight while maintaining muscle mass which, we are able to measure with our bioelectric impedance scale. We have seen better blood sugar and blood pressure control as well as decrease reliance on arthritis medications. The majority of our clients feel that the dietary changes are easy to implement and find the Ideal Protein food products very tasty. Some clients don't want to give them up as they progress through the phases. Implementing this program has had an immediate, positive impact on our business' financial status, even in these challenging economic times.

Dr. Linda Seim *Seim Chiropractic, Colley, TX*

Ideal Protein sells itself. As soon as our patients noticed our results (the doctor and two staff each lost about 20 pounds in 4-6 weeks) they started asking what we were doing. I decided to do a 30-minute class summarizing the diet and implementation of it, and I regularly get 3-4 new people per week to sign up. Currently we have about 50 active dieters and I would estimate that we are collecting about \$2500 per week in additional net income.

Dr. Jonathan Gerber *Gerber Family Chiropractic, Queensbury, NY*

My practice is a relatively young one and I take pride in the fact that it's very different from other Chiropractic and Healthcare offices in our area. We're consistently updating, educating and improving because we genuinely care about bringing the very best care available to our patients.

Sadly I was 33 years old, 5' 11" tall and I weighed 258 pounds. I was living a young, single and successful lifestyle, what I liked to call "Living Large" with a half laugh at the pun. In two and a half seconds this little, bald man had reduced my self image to something that was anything but funny and I couldn't for the life of me decide which of us to punish first. While I was deciding, Tim began to tell me about Ideal Protein and before I knew it, I had agreed to a meeting at my office in New York the following week.

Within a months time, I, my parents and my Office Manager were all using Ideal Protein in sort of a "trial run" to learn first hand what the system is like and whether it could truly live up to the incredible claims made by it's proprietors. As the pounds quickly and easily began to drop off of me, I felt energized and healthier, more incredibly vital than I could ever remember feeling in my entire life.

I'm now a fit and healthy 164 pounds. Among the four of us, we've lost more than 300 pounds! In short order we all agreed that we needed to bring this incredible program to our patients and our patients having seen the dramatic changes were demanding that we share the secret.

On August 7th, 2008, we made the program available to my patients. On October 24, my initial dieters as a group had lost over 900 pounds in less than 3 months, an average of more than 25 pounds each.



Today, my office touches more lives than ever. My office is flooded with inquiries about the program and my staff and I are sought for questioning nearly every time we venture out of the office. In the next few weeks, I expect to have more than 100 active Ideal Protein patients and counting.

We're more committed to our mission than ever before and the Ideal Protein System is an amazing and highly effective tool. As new patients experience our support and dedication to their success on IP, they turn to us for other types of care and as a result, even my Chiropractic and Detox areas of the practice have seen a growth of nearly 35% in the past few months. All of my patients are thriving and growing stronger and healthier every day and because we put them first, my practice is thriving and growing stronger and healthier every day.