

IDEAL PROTEIN IS AN EFFECTIVE WEIGHT LOSS METHOD

CASE REPORT: 57 Year Old Female Loses 33lbs in Only Four Months

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ABSTRACT

A 57-year-old menopausal woman with low energy levels had gained more than 40lbs in the past year. **After only four months, she lost 33lbs and 20 inches (20.5) using the Ideal Protein weight loss method.**

INTRODUCTION

What is Ideal Protein?

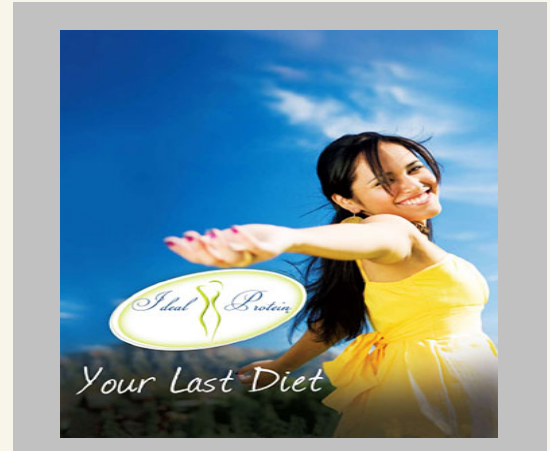
Ideal Protein is a dietary program that uses supplemental protein foods, non-starchy vegetables, vitamins, minerals, and water to help correct metabolic imbalance, lose fat, and maintain muscle mass.

While on the program, most carbohydrates are restricted in order to lower insulin secretion and burn more fat. After losing the weight, the patient diligently followed the transition phase, which is critical to keeping the weight off permanently: *a slow introduction to carbohydrates and fats in order to prevent rebound weight gain.*

As a consequence of the extensive weight loss, the patient experienced additional benefits throughout the duration of the program. She developed a more positive body image with increased energy and learned to eat in a balanced healthy way to maintain her weight loss.

CASE PRESENTATION

The patient's main areas of concern were weight gain and low energy. She also suffered from menopausal symptoms including hot flashes, vaginal dryness, frequent urination, occasional incontinence, bloating, and constipation. No prescription medications were currently being administered only vitamins to help with the hot flashes. Blood pressure, heart rate and blood oxygen saturation were all within normal limits.



A 40lbs weight gain occurred over a year-long period after the death of her father and recent marriage. In the past, weight had been stable between 140-150lbs. After marriage, portion sizes were larger and meals were more elaborate. She also developed cravings for sweet and starchy foods. Exercise consisted of walking outdoors three or four times a week.

TREATMENT

Ideal Protein method

Ideal Protein is a low carbohydrate, low fat diet. Protein is consumed at a minimum of half a gram per pound of lean body weight in the form of supplemental foods and animal protein. Unlimited amounts of leafy green vegetables and four cups of non-starchy vegetables are consumed daily. Multi vitamins, minerals and essential fatty acids are also taken to supplement any nutritional deficiencies during this phase. The first phase of the program lasts until the desired weight is achieved and then more animal proteins and eventually carbohydrates are introduced back into the diet. The re-introduction occurs slowly over a four week period until the diet is nutritionally balanced.

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How does Ideal Protein work?

The Ideal Protein diet provides between 800 to 1,000 calories a day, resulting in an average fat loss of **two to three pounds per week**. The energy provided from fat equates to an extra 1,400 calories a day. With this amount of fuel, most patients find they have increased energy while on the diet. Some studies have even found that low carbohydrate diets, when compared to a low calorie diet, suppress the appetite and reduce cravings. The combination of increased energy, lack of appetite and successful fat loss keeps the patient motivated to continue with the program and meet weight loss goals.

RESULTS

Before beginning the Ideal Protein program, the patient weighed over 180lbs. At 5'5", the Body Mass Index (BMI) of 31.8 indicated obesity. Her main goal was to return to her premarital weight and improve her energy. After an initial adjustment period with Ideal Protein, cravings disappeared and energy increased. Four months on the program, the patient lost 33lbs, and 20 inches (20.5). The new BMI of 26.3, lowered the category from obesity to overweight. 1.3 kg/m² away from a healthy weight (BMI of 25).

REFERENCE

Martin CK, Rosenbaum D, Han H et al. Change in food cravings, food preferences, and appetite during a low-carbohydrate and low-fat diet. *Obesity (Silver Spring)*. 2011;19:1963-1970.

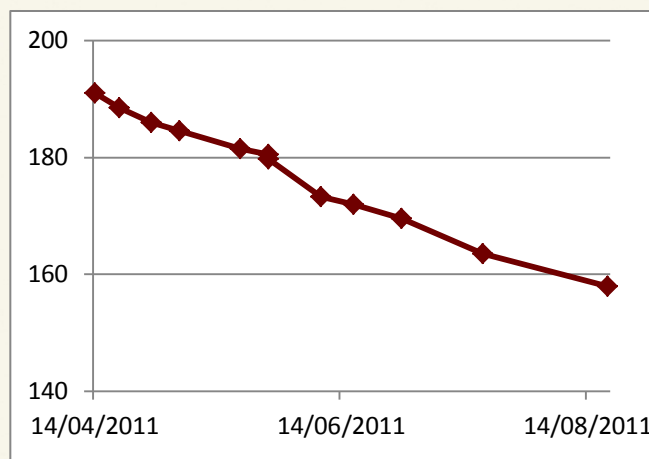


Figure 1: Weight (lbs.) lost in 4 months

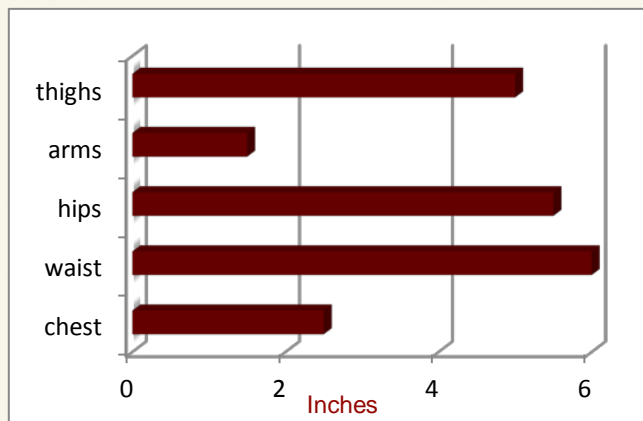


Figure 2: Inches lost in 4 months

The extensive weight loss over 4 months is consistent with effects of the Ideal Protein Program. In the past year, the patient sustained the weight loss by continuing to follow the maintenance program and incorporating regular exercise.