



# *“The New You!”*

————— **Spring / Summer 2009** —————

## ***About Dr. Jon Fisher***

Dr. Jon Fisher is a board certified family physician and graduated from the Philadelphia College of Osteopathic Medicine in 1986. Dr. Fisher has been in practice 19 years and has been a member in good standing with The American Society of Bariatric Physicians, specializing in medical and non-surgical solutions to weight loss. He is fully trained/certified in multiple cosmetic procedures.



Dr. Fisher is a member of numerous medical societies including the AOA, POMA, AMA, PMS, ACOFP, POFPS, ASBP. He is affiliated and on staff at Frankford-Torresdale, Delaware County Memorial, and Crozer-Chester Hospitals.



## ***“How Does Metabolism Affect You?”***

When you eat, your body takes in energy (in the form of sugar), along with other vital cell-building chemicals. The body then breaks the sugar down so that the energy released can be used as fuel by the body's cells.

During this break-down process, energy from various compounds are released for use in the body or stored in body tissues, especially the liver, muscles and body fat.

This process, called metabolism, is really a balancing act involving two activities which occur simultaneously; Anabolism (the building of body tissues and energy stores) and Catabolism (the breaking down of body tissue and energy stores to generate more fuel for body functions).

Your metabolism directly influences how easily your body gains or loses weight. Of course, you've heard the word calorie, but do you know what it really means? A calorie is a unit that measures how much energy a particular food provides to the body. However, if you think that consuming a great deal of calories would give you tremendous energy, you would be wrong. If a person consumes too many calories, they "spill over" in the form of excess body fat.

The number of calories you burn in a day is affected by how much you eat and how much you exercise. Did you know that some lucky people can burn a great deal of calories even when they sleep? No, it's not because they snore loudly; it's because of their metabolism or, in particular, their basal metabolic rate (or BMR). The BMR can play a role in someone's tendency to gain weight. For example, a person with a low BMR will tend to gain more pounds of body fat over time, compared with a similar-sized person with a higher BMR.

What factors influence BMR? To a certain extent you can thank your parents; BMR is inherited. See, "you are what you eat", could be blamed on someone else.....but you can do something about it! Although some health problems may affect BMR, changes can be made to dramatically improve your metabolism. The key is exercising. Daily exercise will not only cause you to burn more calories directly, but more importantly, you can burn calories even when you're sleeping. Add a little snoring, and God only knows how much weight you could lose!

Nutrients in certain foods, vitamins and minerals, can play a vital role in helping the body metabolize sugars to energy rather than fat. For efficient weight loss it is important to get a metabolic rate test which will determine how you need to eat and how much you need to exercise.

## **“Sticks & Stones Can Break Your Bones .....and so can Osteoporosis!”**

Osteoporosis causes bones to become brittle and weak. Even mild stresses like coughing or lifting a package can cause an injury. A common result of osteoporosis is fractures of the spine, hip or wrist. Although often thought of as a women's disease, osteoporosis can also affect men.

Taking the proper form of calcium, vitamin D, and other vitamins and minerals play an important role in reducing the risk of osteoporosis. If you currently suffer from osteoporosis or low bone density, you must increase your calcium and vitamin D, as well as taking other measures. This can help prevent your bones from becoming weaker. In some cases you may even be able to replace bone you've lost.

Although there are a variety of supplements available, unfortunately, many fall short in actual effectiveness. The key to a good calcium supplement is absorbability. Specific ingredients like calcium citrate, vitamin D3, magnesium, boron, and citric acid must be precisely combined and taken in proper dosage rates to be effective.

Doctor Recommended Products LLC has now released through doctors, “Physician Grade™ Calcium”, the most highly absorbable, bioavailable, and effective calcium supplement currently on the market.

It's never too late — or too early — to do something about osteoporosis. Ask Dr. Fisher about the calcium supplementation that is right for YOU!



## **Move over coffee...**

### ***There's a new game in town!***

Before you grab your morning coffee, here's something to consider. Caffeine and other ingredients found in coffee, (including decaffeinated coffee), increases stress. Caffeine elevates the stress hormone, Cortisol. This hormone creates a reaction including increased heart rate and raises blood pressure which causes the body to increase its energy stores. In layman's terms....you crave more sweets! When you elevate Cortisol levels, you increase the deposit of fat in the deep belly area.

Caffeine can trigger a condition called hypoglycemia (low blood sugar), with symptoms including dizziness and light-headedness. Hypoglycemia results in an increase in appetite which causes cravings of higher calorie foods. Ever wonder why people love donuts with their coffee? You now know the answer.

For energy in the morning, eat a low carb, high protein breakfast, and take a high potency sub-lingual vitamin B12 supplement.



## ***DiETING got you down?***

Don't worry. Slight depression is normal when attempting to lose weight. Sometimes, we set our expectations so high that we can't possibly achieve them within a reasonable period of time.

The best way to fight depression is to feed the body proper nutrients and increase activity. With exercise come endorphins which can make you feel terrific!

We all love our comfort foods and eliminating them can be tough. You can still have your cake and eat it too ..... just eat less of it!

To help control depression, you might try some natural remedy supplements like SAM-E or vitamin B12 & folic acid.

To be happy; remember to smile, and make sure to consult with Dr Fisher for his recommendations.

## ***Low Carb Breakfast Hints***

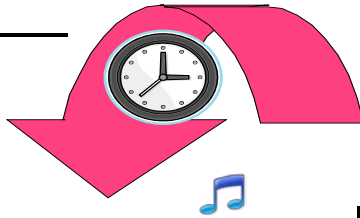
1. Replace processed and sugar-coated cereals with a high fiber, no sugar added Bran cereal - for example, Kellogg's All Bran, which contains only 8g net carbs for the average 40g serving. Old fashioned oats or oatmeal - contains just 9g net carbs per serving.
2. Replace pancakes, waffles, muffins and white toast with 1 slice whole grain or rye toast topped with 2 scrambled eggs and a slice of lean grilled bacon or light cheese.
3. Replace low-fat, sugar added flavored yogurt with low-fat, no sugar added plain (unflavored) yogurt. Blend the plain yogurt with some berries and top with 1 tablespoon of chopped walnuts, pumpkin seeds or fat-free granola.

## **Metabolism Testing is Now Available**

***For efficient weight loss it is important that you get your metabolism tested. It's easy. Schedule an appointment today!***



*Do you  
wish that  
you could  
turn back time?*



How would you like to look in the mirror and see a younger image of yourself? Now the impossible is a reality!

Dr. Fisher offers the latest in cosmetic procedures that can rollback the years. Whether it is Botox, Restylane, Dermal fillers, Microdermabrasion, Chemical Peels, PreVage MD Anti-Aging Treatments, Tri-Active Laser or Mesotherapy, there is something that can be done to enhance the beautiful you.

Don't wait! Set up an appointment today with one of Dr. Fisher's licensed and certified aesthetic specialists. Ask about the 0% financing options which may be available for cosmetic procedures.

Your mirror is waiting to see the new you!

### Dr Fisher's Diet Medication

These easy-to-swallow, custom-formulated, FDA approved prescription pills contain a strong appetite suppressant which helps control your hunger. Additionally contained are ingredients to increase your metabolism and energy levels.

Ask Dr. Fisher about this inexpensive and safe method to help you lose weight.

### --- Dr Fisher's Diet Shot ---

This safe, FDA approved, all natural injection helps burn fat, gives you energy, and makes you feel good while on your weight-loss program. The shot lasts 2 weeks & has a proven success record.

### Why do I use Restylane?™

To lose these wrinkles



## Natural Weight-Loss Using Vitamin Therapy

Did you know you could lose weight by taking a combination of certain vitamins and minerals?

It's a fact that when the body is healthier it responds better to changes in your diet.

Reducing your caloric intake can take its toll on your body. Dieting can signal your body to hold onto fat cells. This plateau effect happens because your body thinks that there is something wrong. Once again, your body is correct. The problem is that along with the decrease in calories, there has also been a decrease in necessary nutrients.

Dieting can cause your metabolism to decrease. A drop in metabolism can not only make you feel tired, but it also hinders the body's ability to burn fat.

Specific vitamins and minerals can be taken to restore nutrient levels and increase metabolism.

Ask about how you can use "Physician Grade™" multi-vitamin therapy as an adjunct to Dr. Fisher's weight loss program.

Start today to lose weight the natural way!



## Goodbye Fat Cells

For spot reduction, Mesotherapy is a painless alternative to liposuction. The medications used in Mesotherapy dissolve fat and cellulite from targeted problem sites.

Some patients can lose 2 to 6 inches in areas like saddle bags, hips, thighs, love handles, back fat and chin.

After the Mesotherapy procedure, patients are directed to follow a low-carbohydrate, low fat, healthy diet, exercise, and take quality vitamins and nutrients recommended by Dr. Fisher,

As with all cosmetic procedures, you must first consult with Dr. Fisher to determine if this or any other procedure is appropriate for you.



**Dr. Fisher's  
Medical Weight Loss  
& Aesthetic Centers**

[www.bodybyfishernow.com](http://www.bodybyfishernow.com)

5 Locations to Serve Your Weight Loss Needs  
Each office location schedules appointments individually

**City Line Avenue (Philadelphia)**

7516 City Line Avenue (City Line & Haverford)  
Philadelphia, Pa 19151  
215 877-7580

Selected "walk in" hours for follow-up visits  
are available at this office only

Appointment required for new patients

**Tabor Avenue (N.E. Phila.)**

6248 Tabor Avenue Philadelphia, Pa 19111  
215 725-2345

Hours for new patients and follow-up  
visits are strictly by appointment only

**South Broad Street (South Phila.)**

2543 S. Broad Street Philadelphia, Pa 19148  
215 389-1647

Hours for new patients and follow-up  
visits are strictly by appointment only

**Collingdale (Delaware County)**

320 MacDade Blvd, # 400, Collingdale, Pa 19023  
610 237-8740

Hours for new patients and follow-up  
visits are strictly by appointment only

**Feasterville (Bucks County)**

157-161 Bustleton Pike, Feasterville, Pa 19053  
215 322-0222

Hours for new patients and follow up  
visits are strictly by appointment only



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**Physician Grade™ Vitamins & Minerals  
Specifically Formulated for the Weight-Loss Industry**

**Available only through your weight-loss physician**

***"Lose weight faster through better nutrition!"***

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