



LONE STAR MEDICAL

NUTRITION COUNSELING

To complement our medically supervised weight loss program, we offer personalized nutrition counseling.



Our Service:

- ✓ Individualized Education Session
- ✓ Handouts to Review at Home
- ✓ Supportive Learning Environment
- ✓ Follow-Up Calls and Visits to Reinforce Teaching and Further Empower Patients

We empower our patients with the best available nutrition information which will help them take control of their health and improve their lives.

Why Choose Us

We advocate for a low-carb, ketogenic diet for the majority of our patients. This is a sustainable, healthy way of eating that improves cardio-metabolic health and weight loss results.

Contact Us:

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