



Ideal Protein Weight Loss Program

We have been looking for a tool that would aid our patients in improving their heart health and we have found it in our medically supervised Ideal Protein program. Already participants are seeing how easy it is to quickly and safely see results through weight loss, reduction, if not total elimination of medications, as well as lower blood pressure, blood sugar and cholesterol levels.

Through weekly coaching sessions, in combination with tasty food options, we provide you with the resources you need to achieve and even surpass your goals. And, by learning how to think about food in a whole new way, you will have the mindset, along with the skills, to be able to maintain your long-term success.

We look forward to being there for you each step of the way as a partner on your journey to better health.

Suzanne Sorof, MD
Medical Director
Ideal Protein Program

Our Program

Ideal Protein is a medically supervised weight loss protocol dispensed only through health care practitioners. This program is designed to force your body to burn stored fat safely and quickly. The best way to learn more about the program is to attend our next workshop featuring complimentary samples of the tasty Ideal Protein products along with an informative presentation. Seating is limited, so please call us to reserve your spot. (480) 641-5400

Workshops

All of the workshops are hosted by:

CVAM, CardioVascular Associates of Mesa, 6116 East Arbor Avenue, Suite 112; Mesa, AZ 85206

You do not have to be a patient to attend or to participate in the program!

AUGUST

August 22nd 5:30 pm

MY PERSONAL IDEAL PROTEIN JOURNEY

Hi! My name is Karen and I am a 66 year old female who was morbidly obese just seven short months ago. Having had an ongoing weight battle for twenty six years due to numerous prescribed medications that I was taking, I could never lose even an ounce no matter what diet I followed or the quantity of food I consumed. I was extremely concerned for my state of health. I was in a constant state of dilemma as to why me? My physicians in the beginning just scoffed at my concerns. I assumed that they were leaning more to vanity reasons than health reasons for my continued nagging about my weight. Finally, after raising my concerns every time that I saw them, they agreed that, yes indeed, I had maxed out on the scales.

I was fortunately referred to an endocrinologist who had personally suffered with weight issues too. She had the solution that no one else had been able to provide me. It was a diet called **Ideal Protein**. I knew nothing about this “miracle” diet but I was willing to try anything to help me lower my weight into a more acceptable, healthy weight range. Little did I know seven months ago that I would now be almost eighty pounds and so many, many inches smaller than I was when I started!

Not only did I shed the necessary pounds and inches, more importantly my body went into a state of metamorphosis internally as well! My blood pressure dropped drastically to the normal range of a healthy twenty year old no longer requiring the prescription I had been taking. The ingesting of **Ideal Protein** food products had an amazing impact on my endocrine system ridding my body of toxins throughout. The affect of the weight loss on my musculoskeletal system was overwhelming. My arthritic bones felt as if they had just gotten a breath of fresh, spring air! The improvement to my joints was so welcomed since walking had become such a painful effort. Walking now has taken on a familiar pleasure from years and pounds ago due to the weight loss. My respiratory system was also impacted to the extent that I now no longer require the aid of my CPAP machine to breathe at night. Lastly, my digestive system has also improved greatly to the extent that I no longer require two medications that I had been taking for over fifteen years.

My approach to the **Ideal Protein** diet was one of total and complete willingness to follow the guidelines that have been so carefully set out to assist anyone through a trying period of weight loss. It is a simple- to-follow diet that is clearly laid out for anyone to follow regardless of their personal situation. Each individual not only has

access to the wide variety of foods, but more importantly they also have an ace- in-the-hole with their very own personal coach who is there for you from the very beginning until your journey's end. In addition to these two benefits, one has short, daily, informative videos helping you along your way with answers to possible concerns or questions.

My journey is not quite over but I can optimistically look ahead to its end when my greatest goal will have been completely accomplished and I can with a much, much lighter weight on my shoulders know that I have added back onto my life's expectancy the years that would have been taken from me had I not ever found **Ideal Protein**. I am eternally grateful for such a product and for those who have helped me along the way to achieve the gift of life again.