



EAST AUSTIN MEDICINE SHOP
FAST, COURTEOUS, PERSONAL, AND PROFESSIONAL.



Chris' Top Picks

Weight Loss

- The best way to lose weight is through proper nutrition, exercise and consistent sleep.
- Eating the proper ratio of macronutrients (Protein, Carbs, Fats) is important and I recommend 40:30:30 with fats coming from high omega-3 content foods (Fish, Avocado, ect)
- For boosting metabolism there are only a few supplements (Micronutrients) with clinical data to support efficacy; green tea, cinnamon, selenium, chromium, brown seaweed, and ALA.
- There is also a new fiber that turns into a gel in your stomach to increase satiety (Optifiber Lean) weight loss at 2x phentermine.

Cost Efficient: Ensure High Protein Shakes or Almased Shakes

Best: Optimetabolix (combines everything above) and Optifiber Lean before your biggest meal to make you feel full