

Local Clinic Offers Insight Into Why Some Can't Drop Those Extra Pounds

By Jennifer Fortney

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Chicago's Complete Clinics Provides Tools to Achieve Long-Term Weight Loss and Educates on Disorders That Keep Some from Winning the Battle of the Bulge

Gurnee, Ill. - Like every year people across the region will promise themselves that this will be the year they lose and keep off that extra weight. What they don't know is that there may be an underlying health issue keeping them from achieving their desired results. Complete Clinics (www.CompleteClinics.com) a physician-supervised weight loss center with four Chicagoland locations, helps individuals understand the impact other medical issues may have on their attempts to lose weight.

Physicians at Complete Clinics, a one-of-a-kind center dedicated to assisting people in becoming happier and healthier through weight loss and wellness, say that when most individuals "hit a wall" in their weight loss they think that's it. The reality is that these people may have underlying issues keeping them from really achieving their weight loss goals. One common metabolic disorder known as Insulin Resistance is a prime suspect. In fact, the American Cardiology Association estimates that 30% of the US population is resistant to insulin and most don't even know of it. Other causes are thyroid issues, poor diet and slow metabolism.

"While the discussion of Insulin Resistance has begun it is still widely misunderstood and under reported. It is one of the major reasons people can't meet their weight loss goals," said Dr. Scott Morris of Complete Clinics. "Our goal is to discover these other factors and customize a weight loss plan using nutrition, exercise education, metabolic technology and FDA-approved medication, if necessary. We help patients define and understand the road blocks that are keeping them from being successful."

Understanding Insulin Resistance

Insulin Resistance is generally defined as the condition in which the amount of insulin your body produces normally is no longer enough to produce the same insulin response it used to have in fat, muscle and liver cells. For example, insulin resistance in fat cells, in essence, reduces the effects that insulin has on cell function and can result in an elevation of stored and circulating triglycerides and the inability to use fat for energy, often leading to increased obesity.

Possible causes can be due to a number of factors including genetic predisposition and lifestyle, such as excessive caloric diets, intake of the wrong type of calories and inadequate or improper physical activity. "What most people don't understand," says Morris, "is that one does not have to be overweight or eat a lot of sweets to become insulin resistant – though they are factors. The good news is that this can be prevented and even reversed with a solid program."

This year Complete Clinics became the first-of-its-kind center in the Midwest to gain access to a CVAC pod (Cyclic Variations in Altitude Conditioning), which has shown promising results in a clinical study at Stanford to positively benefit those who are insulin resistant.

Many patients who come to Complete Clinics are relieved to learn that there is an underlying physical condition or issue that is keeping them from achieving their goals. Morris says that it's a real eye-opener for patients and yet they smile when they hear that something can be done to help them. Most doctors and weight loss centers can diagnose the problem but don't have the ability to treat, educate or create a

customized program that really helps patients. A significant number of individuals who go to Complete Clinics with Type-2 Diabetes are now on lower doses or no longer on their diabetic medications.

“There’s no doubt that there is a growing problem with weight and weight-related health problems in this country. So many want to lose weight and feel alone in their struggle. There are doctors specializing in this area who can help unveil answers to their weight loss battle,” said Lisa Obertin, Wellness Associate at Complete Clinics who previously spent eight years working at Weight Watchers. She adds that weight struggles can take a mental toll on individuals who can’t seem to understand why they can’t shed the pounds they so desperately want to lose. The answer for so many is beyond just eating well and exercising.

About Complete Clinics

Based in the Chicago area, Complete Clinics is a unique option for people seeking help in losing weight and create a healthier lifestyle. The company is dedicated to providing safe, customized and physician-supervised weight loss and wellness programs and education for patients with a focus on fat reduction and muscle maintenance through weight loss plan using food, exercise, technology and FDA-approved medication, if necessary. Physicians at Complete Clinics examine patients to uncover any underlying health issues that prevent patients from being successful in meeting their weight loss goals. The clinic has locations in Arlington Heights, Gurnee, North Barrington and Wood Dale. It offers the Zerona, the first non-invasive body contouring procedure to effectively remove excess fat, and is the only clinic in the Midwest with the CVAC (Cyclic Variations in Altitude Conditioning), which has been shown to have numerous health benefits. For more information, visit www.CompleteClinics.com

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