

# WELCOME to TLC-Living

## - Therapeutic Lifestyle Change Program-

by John W. Wilson, MD, Inc.

Dear Patient:

Are you ready to make some change? Get off meds, eat better, have more energy? I'd like to welcome you to our Therapeutic Lifestyle Change (TLC) program we call TLC-Living. I will be your guide and coach along this journey. I'm really excited that you have decided to join me in taking back your health!

This 12-week program is designed to help you develop the vibrant and healthy life you deserve. We created this program because we believe that YOU really deserve the life you dreamed of. TLC-Living is very different from today's common medical approach. Together we discover your top health goals (like losing weight, getting blood levels back to normal, eating better, & having more energy to live your life, getting off medication) and develop a game plan to get you there. We start with good nutrition and develop healthy habits, as good health is the foundation to a fulfilling life and food can be the best medicine.

Because good nutrition is the foundation to good physical health, we begin with our focus on food. There are two pathways we will generally take depending on your current lifestyle and needs. These include either FirstLine Therapy™, a modified Mediterranean eating style or the Bulletproof Diet, a modified Paleo eating style. Overall we focus on whole foods from clean sources and we will discuss meal-planning,

The program is designed to more clearly identify and overcome the cause of ill health, and then improve total body function naturally by nourishing, balancing, and revitalizing the whole individual.

No more quick fixes and medication increases! TLC-Living is powerful, effective, and rewards you with improved health and function that will last a lifetime!

### ***This is your life; make it the one you want.***

Get Maximum Benefit From Your Appointment. Your consultation time with me is important. We will analyze your personal and family health history, appropriate test results, current lifestyle and state of health, and clarify your health goals. We then guide you through a comprehensive, highly personalized, step-by-step program to achieve these goals. You can get maximum benefit from the time reserved for your consultation by being prepared.

#### How to PREPARE for Your FIRST Appointment

1. Please fill out any requested paperwork BEFORE coming to our office or arrive 15 minutes early to fill it out here.
2. Prepare for your BioImpedance Analysis (BIA) Test by following these guidelines:
  - a. No food or drink (except water) for 4 hours prior to appointment.
  - b. Drink 4 oz. of water both 2 hours before & 1 hour before appointment.
  - c. No exercise for 24 hours prior to testing.
  - d. No alcohol for 24 hours prior to testing.

Things to consider:

Please value the time reserved for you by being punctual so you can fully benefit from your consultation. Because other patients are scheduled I cannot go over our scheduled time. Respect and honor yourself by keeping this commitment for your own health and wellbeing. You deserve it.

**IMPORTANT:** There is a \$35 NO SHOW fee if cancellation is not made at least 24 hours prior to your appointment or there is an emergency. Due to the popularity of the FLT program, appointment times are often filled weeks in advance with no openings for those desiring earlier appointments. Cancellation made 24 hours in advance allows us to accommodate others and to further develop this fantastic program. We thank you in advance for your respect and understanding.

**THANK YOU.** We look forward to helping you successfully achieve your personal health goals and to guide you in creating a vibrant life.

# Frequently Asked Questions

- TLC-Living Program-  
by John W. Wilson, MD & Kyle Tennyson, R

## **What is TLC-Living?**

TLC stands for Therapeutic Lifestyle Change. This holistic program is designed to enhance your life and help you reach your health goals. We focus on the entire person—mind, body and spirit. Everyone is different so your program will be customized to your individual needs. Together we work on good nutrition, stress management, and nurturing a healthy lifestyle one step at a time.

Bio-Impedance Analysis (BIA) readings are done to see how your body composition is changing. Medical foods and supplements can be used to help your cells start working properly and to reach your goals more quickly.

This is not a short-term treatment, but it is long-lasting transformation. Along this journey of change you will have an experienced guide and dedicated support. If you want to have a healthy and vibrant life this is a great place to get started!

## **What is Bio-Impedance Analysis (BIA)?**

It is an accurate, painless and safe way to measure your body composition. Knowing your lean body mass versus fat mass, as well as cellular hydration, helps us guide your program and make better recommendations.

## **How much will it cost?**

We keep it very affordable. The visits are treated as an office visit and thus covered by your insurance. You only have to pay your co-pay and any deductible you have. If paying cash, it is \$150 for the first hour-long visit and \$100 per 30-minute follow-up visit. We include a free BIA reading up to once a month as well as a free FirstLine Therapy™ Patient Handbook, if applicable. The cost of supplements will vary depending on what is recommended for you, but they typically costs about \$50 per week during the 6-month program. These are not mandatory, but only recommended.

## **How long does the program run?**

The program is designed to last 6 months, but is largely determined by your effort and commitment. We have chosen 6 months because this is the time it typically takes to create long-lasting and impactful habits. You will determine exact dates & time with your TLC Coach. Ideally, your 1st follow-up is a week after your initial visit; visits 3-7 are a couple of weeks apart ending your first 3 months. The final visits will be a month apart for the final 3 months. Periodic check-in visits can be arranged after that. Blood work before and after will check how well things went for you.

## **What products will I be taking and for how long?**

One key to the success of this program is the use of a medical food. After our first session I will recommend a medical food that will jumpstart your cells and your metabolism by providing the perfect balance of low glycemic carbohydrates, high quality protein, phytonutrients, vitamins and minerals. This is optional, but will be very helpful as you learn to make the critical nutritional changes in your life and operate in a healthier lifestyle. The medical food will immediately give your cells what they need to turn on their proper genetic pathways and correct the metabolic problems you have. This means your body will have the proper nutrients it needs to be healthy from the beginning of the program. This gives you an opportunity to get use to lifestyle changes while your body is already going in the right direction. You will no longer need the medical food after you have changed your diet and lifestyle. You will likely use a multi-vitamin along with Omega-3 fish oils and Vitamin D3 for long-term maintenance. We will discuss this further on an individual basis.

## **What other alternatives are there for me?**

We offer this program as a service and most prefer this choice as a way to avoid lifelong medication. That said, if you are not ready to commit to a full lifestyle change, we can discuss prescription medication options for you and we will support you in whatever diet and exercise steps you are ready to take. You may also choose to do TLC-Living without using supplements, but you will need to remain patient as it may take up to a year or 2 to achieve the same results you get in 3 months using a medical food. You are free to use supplements from other companies. You are not obligated to use the ones we have available, just be sure to do your research and find high quality supplements that meet stringent standards. We get products at wholesale from an excellent source (Metagenics) and mark them down from suggested retail as much as we can.

## **What is the success rate and what proof is there of the effectiveness?**

A blinded study was done comparing the effectiveness of a low-glycemic Mediterranean diet (the diet used in FirstLine Therapy™) and the same diet with a medical food. The latter did much better in terms of lowering LDL “bad” cholesterol, lowering triglycerides, lowering blood sugar, lowering body fat and raising HDL “good” cholesterol. Eighty-five percent of patients that stick with the lifestyle changes maintain their good results without the medical food once they are to goal.

**Who will be coaching me?**

A trained holistic health coach (see complete biography on the Coach Bio sheet) will be working one-on-one with you in these sessions. He is a registered nurse experienced in family practice as well as continued education in holistic health coaching. All medical decision-making and interpretation of your test results will be done by Dr. Wilson or FNP, Terry Grenchik as licensed providers. One of us will be involved with every visit.

**How do I obtain the medical food and supplements?**

Kyle will be able to dispense the items to you at your first visit and explain exactly how to use them. As you are running low, you may get more at your next visit call the office to request that we prepare what you need for a pick-up in the office. You may also place your orders online (<https://jwilson.mymetagenics.com/>) for quick delivery directly to your home, typically within 2-3 days. You will need to be added to this system by our office staff before you can order. Please let us know if you prefer this method.