

Why are we struggling with Obesity?



We are in a global obesity crisis that keeps worsening despite a burgeoning weight loss, medical and fitness industry. Typical diet and exercise programs only have a five percent success rate for long-term weight loss. Even bariatric surgery, the gold

standard for weight loss, fails 30% of the time. The reason we are failing obesity treatment is because we are offering the wrong treatment. Obesity is not about calorie restriction or the size of your stomach.

Obesity is a medical condition of serious inflammation, chronic pain, disordered endocrine function, changes in insulin metabolism, altered brain chemistry, food sensitivities, serious vitamin and mineral deficiencies.

Obesity is a psychosocial condition of depression and hopelessness and isolation and loneliness.

Obesity is a spiritual condition of broken hearts and broken souls and broken families. It hurts to be fat. Physically, psychologically, socially and spiritually.

Now . . . does that sound like gluttony to you?

At Stein Wellness Centers, we begin by correcting basic imbalances in the body, which starts weight loss. We work with food and supplements to increase nutrition and decrease cravings. We start movement slowly, gently, and only when the person is physically able to move. After all of that is corrected, we work with you on psychological, social and spiritual issues.

In the first visit, we will give you a place to begin. No boot camp. No starvation. No more stress. Just a moment-to-moment living, breathing affirmation that your life is valuable and your body is worth saving.

I know because I've done it, one small step at a time. Now it's your turn.

Join me in good health,

Sara Stein MD
President, Stein Wellness Centers
Author, *Obese From The Heart*
Follow us on Facebook/SaraSteinMD or Twitter/sarasteinmd

At last.

A weight management program that offers hope & healing.

When nothing has worked.

Stein Wellness Centers offer a radically different approach based on the medical and scientific evidence of obesity to enable the patient to have significant weight loss with long-lasting results.

Designed for overweight or obese individuals who have tried other weight loss programs or surgery without long-term success, the program is a six or 12-month comprehensive, integrated approach to weight loss.

GRAND OPENING SPECIAL

Free body composition analysis for qualified applicants while appointments last!

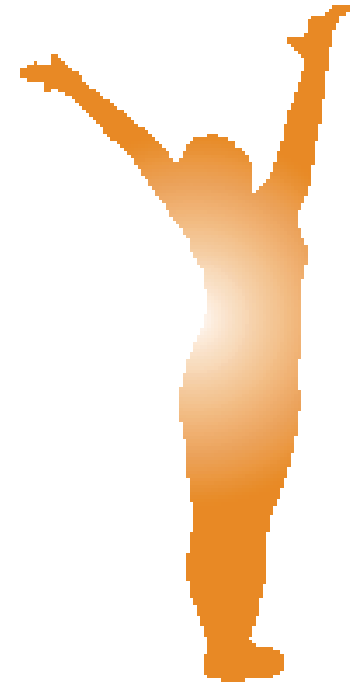
Call 216.831.4650 to schedule.



Innovative Obesity Treatment

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Weight Loss & Wellness for Life



Stein

WELLNESS CENTERS

Hope and healing one small change at a time

What we do

Stein Wellness Centers provides a unique comprehensive, medical approach to weight loss for those who have tried it all. The program is designed for overweight or obese individuals who have been through other weight loss programs or surgery without long-term success. This is a slow but steady weight loss program with intensive support from staff and peers.

Patients are led through a logical progression designed to help them feel better each month, beginning with the physical aspects of obesity, progressing to nutrition and movement, and ultimately to the psychological, social and spiritual aspects of obesity.

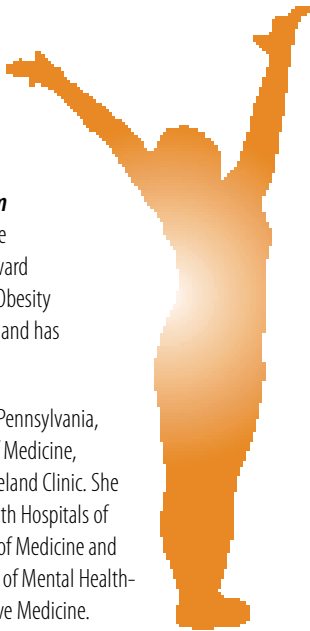
Stein Wellness Tip #1

Most emotional eating is a result of stress, sleep deprivation, exhaustion and physiologic changes. Most cravings are related to nutrient deficiency. When we correct the physical problems, the body begins to lose weight easily and steadily.

About Dr. Stein

Obesity expert Sara Stein MD has 20 years of medical and psychiatric experience and a lifetime of understanding obesity. She is the author of award-winning *Obese From The Heart* (2009), and the recipient of the 2010 Kaiser Permanente Humanitarian Award for Community Service for her work with Obesity Clinic. She lost 100 lbs using this method, and has successfully treated hundreds of patients.

Dr. Stein is a graduate of the University of Pennsylvania, Case Western Reserve University School of Medicine, and trained in General Surgery at the Cleveland Clinic. She trained in General Psychiatry at MetroHealth Hospitals of Cleveland and Stanford University School of Medicine and completed a combined National Institutes of Mental Health-Stanford University fellowship in Integrative Medicine.



If "eat less, move more" doesn't work for you ...this will

Obesity is not a character flaw, it is a medical condition.

Stein Wellness provides a safe haven and a comprehensive, medically-based program for significant weight loss. We understand your struggles. We've been there. And we figured out a way to turn it around. Join us.

Program Highlights

- In-depth analysis of obesity history and contributing factors, nutritional deficiencies and food sensitivities
- Analysis to correct stalled metabolism
- Exercise assessment and movement classes
- Nutrition coaching for healthy weight loss with "add-ins"
- Intensive case management and coaching
- Psychological and behavioral counseling
- Coordination of medical care in partnership with your physician
- Affordable medical, nutrition, psychotherapy and exercise groups or individual appointments
- Innovative non-narcotic pain management
- Stress management and relaxation training
- Biofeedback or EEG Neuro Integration Retraining for cravings, brain fog, memory problems
- Wellness coaching, stress management
- Family weight management and cooking
- Secure embedded Skype and email medical records

Food as Medicine



Obesity is a state of being overfed and undernourished. Without necessary nutrients, your body thinks you're starving, and works to store fat, no matter how few calories you eat.

Stein Wellness Tip #2

Eating 1.5 oz. of 70% dark chocolate daily can lower your stress hormones and help you lose weight!

Get Started

**Your journey starts now.
Let us take the first step with you.**

**Call 216.831.4650 for your
first appointment today.**

Fees*:

6 and 12 month programs include initial evaluation with subsequent unlimited medical, therapy, nutrition and exercise groups. Individual appointments and services not included.

- 6 month program: \$1,550
- 12 month program *encouraged for those who have 100 or more lbs to lose:* \$1,875 **only \$156 per month!**

Do It Yourself Options:

- 12 month do it yourself: \$795 includes initial individual evaluation
- Virtual (online) coaching services only: \$36/month, evaluation not included

**\$36 annual administrative fee per patient. Most insurance companies do not reimburse for weight loss treatment. May be eligible for health savings account reimbursement or tax deduction. Zero percent interest financing available to qualified buyers.*