

## Do You Experience Any of these Symptoms?

- Weight Gain/Belly Fat
- Always tired, and/or sleepy after meals
- Constantly hungry
- Skip meals, but still don't lose weight
- Brain foginess, poor memory or concentration
- Almost instant relief from moody-ness or agitation when food is eaten
- Exercise, but can't lose weight
- Eat Vegetables and fruits but can't lose weight
- Depression

## Your Journey Starts with Right Weigh Clinic's Proven Program

### Medical Assistance

Our Board Certified Physician and medical support staff oversee a personalized program tailored to each patient's individual needs. This program may be comprised of prescription appetite suppressants and Lipotropic Metabolic Injections as well as non-prescription supplements.

### Educational Support

Right Weigh Clinic strives to teach our patients how to properly lose and maintain their weight using a low carb, low sugar diet. Our informative and in-depth Diet and Nutrition Education Class covers everything from reading food labels and menu planning to Insulin Resistance in order to help our patients achieve long-term success.

### Encouragement and Social Support

At Right Weigh Clinic we pride ourselves in patient care, and treat each patient like family. We are here to help and encourage our patients to meet their highest potential.

## Now with 2 Locations to Serve You!



**309B Airport Rd**  
**Pearl, MS 39208**



**105 Spann Dr.**  
**Brandon, MS**

**Office Hours:**  
Monday: 9a-5p  
Tuesday: 9a-5p  
Wednesday: CLOSED  
Thursday 9a-5p  
Friday: 8a-6p  
Saturday: By Appointment Only



**Voted best Weight Loss Clinic 2015, 2016 by readers of the state-wide Clarion Ledger**



888-6-LOSE-IT • [www.rightweighclinic.com](http://www.rightweighclinic.com)  
Empowering You Through Medical and Educational Support



**Empowering You through Education and Medical Support**

**Promoting Long Term Success in:**  
Weight Loss • Weight Management  
Insulin Resistance • Diabetes Prevention

## How Our Program Works...

### ✓ **Daily Meal Plans**

We provide all of our patients with easy to follow, enjoyable weekly meal plans and recipes that adhere to a low carb, low sugar diet. You are not required to buy expensive meal replacement foods.

### ✓ **Appetite Suppressants and Supplements**

Depending on each patient's individual needs, physician prescribed and monitored appetite suppressants and other supplements help them overcome their weight loss obstacles.

### ✓ **Weekly Weigh-Ins and Consults**

A weekly weigh-in, or body mass analysis, measures your overall weight and determines your body fat, fat percentage, muscle mass and body water. Using this information, we can make any necessary adjustments or changes to maximize your progress.

### ✓ **Weekly Metabolic Injections**

During your weekly weigh-in, we offer metabolic injections that help your body to more efficiently break down and burn fat with diet and exercise.

### ✓ **Monthly Physician Follow-up Visits**

Each month, a follow up appointment is required with the physician for a refill of any appetite suppressants and plan for future success.

## Frequently Asked Questions

### **Why should I enter the Right Weigh program?**

At our clinic we not only offer extensive medical weight loss services but we have devoted countless hours to establishing an informative educational and supportive atmosphere that promotes a healthier lifestyle.

### **I am on prescription medication, can I enter the program?**

Yes! While there are prescriptions that conflict with appetite suppressants, the Doctor can go over all of your options with you.

### **Do you take insurance?**

While most insurance companies do not cover preventive care such as ours, we do accept cash, card, CareCredit and applicable Health Savings Accounts.

### **Do you offer evening or weekend hours?**

Yes! We are open until 6p.m. on Fridays and we are open one Saturday per month by appointment only.

### **Can I participate in the program if I am diabetic or have high blood pressure?**

Yes! As long as your medicine is controlling your blood pressure you may be on the program. Many of our patients no longer require their blood pressure medications due to their weight loss.

### **What if I can't come in to weigh each week?**

Not a problem! Right Weigh serves patients all over Central Mississippi who are unable to come in each week. Coming in each week is not required, but is highly recommended. Patients who live out of town are encouraged to come in during Saturday appointments.

### **What should I expect on my first visit?**

**The following is all included in our**

#### **New Patient Package:**

1. EKG, Lab work setup
2. Body mass Analysis
3. Personal one on one consultation and analysis explanation
4. Diet and Nutrition Education Class with meal plans
5. Metabolic Injection
6. Physician Exam and dispensing of prescription medication

A new patient appointment typically lasts 1 ½ hours.

## Our Story



10 years ago I committed myself to learn why my kindergarten daughter, Katie, weighed over 100 pounds!

She was on year round swim team, 2 soccer teams, 2 basketball teams, softball, ballet and gymnastics. We did not buy sodas and sugary foods. The doctors' advice was always the same, "get less sugar and get her more active". We were already doing that, so I had her tested for every metabolic syndrome I could find. All her tests were "normal". I attended the American Society of Bariatric Physicians conference looking for someone to help me with Katie. There, I learned of Insulin Resistance, the true culprit. Insulin resistance causes fat storage and ultimately leads to type 2 diabetes. Over 85% of overweight people already have some level of insulin resistance. Right Weigh is committed to teaching our patients how to empower themselves with real information that doesn't require you to drink your meals, buy prepackaged meals, or go hungry. We will provide you with the medical support you need to break serious carb addictions.

- Karen Hubacek, Owner

### **New Patient Package \$175**

Body Mass Analysis • Lab Work  
Diet and Nutrition Workshop  
Physician Exam • Prescription

### **Established Patient Visit \$100**

Body Mass Analysis  
Weight Specialist Consultation  
Physician Exam • Prescription

### **Weekly Weigh-In + Lipoplex Injection \$20**

Body Mass Analysis  
Weight Specialist Consultation  
Lipotropic Injection