

Clinical Nutrition 2017: The Weight Loss Effects of Using a Patented Delivery System of Oral Serotonin- Robert B Posner- Serotonin Solutions

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Serotonin (5-HT) is a naturally occurring amine neurotransmitter made inside the body from the amino acid, tryptophan. There are 7 different classes of serotonin receptors and different subclasses of each receptor.

Serotonin inequity has been linked to depression, anxiety, migraine headaches, bipolar disorder, diabetes, cancer and carbohydrate cravings. There are many prescription medications that work indirectly via serotonin mechanisms such as antidepressants and migraine headache treatments. About heaviness control there have been prescription medications and dietary additions that work to reduce appetite and cravings indirectly via serotonin devices.

Original oral serotonin delivery has been used at the pathologically supervised Serotonin-Plus Heaviness Loss Centers. Over 24,000 patients have been treated with an average weight loss of 30 pounds in females and 40 pounds in males in the 12-week protocol. The co-morbidities associated with obesity, such as diabetes, hypertension, hypercholesterolemia and others have been impacted significantly by the Serotonin-Plus Program and the patented serotonin supplements.

The device of action, studies using the addition and clinical experience will be deliberated. The discipline of serotonin and requests for helping people control weight long term by reducing starch cravings will be full.

In deduction, combining oral serotonin supplementation with a high protein/low carbohydrate dietary approach and supportive

visits to instill behavioral modification result in aggressive weight control and the immediate lowering of diabetes risk, need for diabetes medicine, lowering of plasma weight and an overall reduction of the need for medications to treat the co-morbidities of obesity.

Obesity leads to an increased risk of heart disease, hypertension, diabetes, stroke, arthritis and malignancies, such as breast, pancreatic, colon and stomach cancer. Being overweight is also associated with low self-esteem, lack of confidence and depressive symptoms. Illnesses related to weight problems can cause loss of time at work and affect job performance. Studies have demonstrated that overweight people are subject to workplace discrimination when considered for promotions.

As medical professionals, we all have patients in our practices whose medical problems could be dramatically improved by weight loss. We routinely recommend weight loss for improved health. You may have told patients to “eat less and exercise more.” Perhaps you give your patients written dietary plans and nutritional guidelines to review. Some physicians provide nutrition counseling through an in-house dietitian or counselor. Other doctors refer patients to an outside nutritionist or dietitian. Unfortunately, these services are rarely reimbursed by insurance companies.

As a physician, you are well-positioned to help your own patients lose weight safely and effectively. All of the elements are in place to become actively involved in helping your patients lose weight.

Serotonin-Plus was founded by Robert Posner, M.D. in 2002. Dr. Posner has been practicing internal medicine at his Burke, VA office for more than 20 years. Dr. Posner patented the first oral delivery system of natural serotonin in 2000. Some

of his internal medicine patients began taking the supplement for mood enhancement. Many of them reported decreased carbohydrate cravings and weight loss.

In 2002, Dr. Posner decided to develop a weight loss protocol using his supplement with lifestyle modification. Eight years later, 10,000 people have safely lost weight on the Serotonin-Plus Weight Loss Program™. The average weight loss is 35 pounds in 12 weeks. During the program, patients eat real food and learn lifestyle changes that are sustainable long-term. To date, there has not been a single hospitalization, serious adverse event or lawsuit related to the program.

The Serotonin-Plus Weight Loss Program™ is structured as a 12 week program. The patients have an initial visit with a physical, EKG, labs are ordered, prescriptions given and the dietary plan is reviewed in detail. The patients have weekly visits at which weight and vital signs are checked and dietary counseling is given.

Many of our patients also take a prescription appetite suppressant. This prescription is written as a 7 day supply. We have found that this is the most responsible way to prescribe weight loss medications and it is one more way to encourage patients to come to the weekly visits. Counseling and support and weekly visits are a key aspect to encouraging our patients' successful lifestyle changes.

We can help you market to your existing patients and ensure that your entire investment is returned within the first two weeks. We focus on working with physicians who have a true passion for preventative medicine and wellness. We have worked with physician practices in various specialties. Bringing the Serotonin-Plus program to your office can be accomplished with no financial risk to you.

Bringing the proven, safe and effective Serotonin-Plus Weight Loss Program™ into your practice will help your patients become healthier and happier. When patients' friends, co-workers and family members see how great they look and feel, your business will grow through word-of-mouth referrals. The Serotonin-Plus program is truly complimentary to any medical practice. As a physician, it is so rewarding to see patients achieving weight loss goals and changing their lives for the better. We look forward to bringing the Serotonin-Plus Weight Loss Program to your practice.