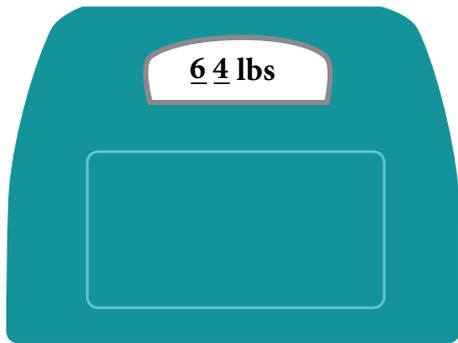


# Premier Healthcare Testimonials:

Pat Bennett, one of Premier Healthcare's Accountable Care Nurses, lost *64 pounds* in *5.5 months* on the Ideal Protein diet!



Dr. David Blemker, a Premier Healthcare Cardiologist, lost *6 inches* in *8 weeks* on the Ideal Protein diet!

**Workshops will be held on every 2nd and 4th Tuesdays of every month from 5:45 pm to 6:30 pm at the Premier Healthcare Facility: Landmark Medical Center at 550 S. Landmark Ave, Bloomington, IN 47403.**

**The workshops will be held in the Cafe on the 2nd floor of the building.**

**Call 812.331.3404 today to sign up for one of our FREE Ideal Protein Workshops!**



***Presents:***



A medically designed weight loss method.

4 5 6 7

To read these and others' testimonials visit:  
[premierhealthcareblog.wordpress.com](http://premierhealthcareblog.wordpress.com),  
Category: Ideal Protein Testimonials  
or visit our facebook page at:  
[facebook.com/premierhealthcarebloomington](https://facebook.com/premierhealthcarebloomington).

## Medical Benefits and Health Savings from the Ideal Protein Weight Loss Program:

Due to the Ideal Protein program, Darlene Tabla (a Premier Healthcare Patient) is off two blood pressure medications and had her cholesterol medication cut in half. Dr. Blemker's blood pressure medicine was cut to a quarter dose.

Before:



After:



Darlene Tabla

Before:



After:



Pat Bennett

## The Principles of Ideal Protein's Weight Loss Program and How These Apply at Premier Healthcare:

The body has three sources of energy from which it draws to meet its metabolic needs: Carbohydrates, Muscle and Fat.

Chronologically, the body will first draw on its carbohydrate reserve before turning to muscle and fat.

During the weight loss phases of the protocol, we limit carbohydrate intake to encourage the body to turn to its fat and muscle components for energy.

By eating high biological protein foods the protocol helps to support muscle mass and teaches dieters how to develop smarter eating habits and lifestyle choices so they can maintain a stable weight after weight loss is achieved. \*

## >> 4 Phases of Ideal Protein:

- >> 1. To be followed until 100% of your weight loss goal is achieved. You will be given an estimated end date based on indicators and regimen.
  - 3 Ideal Protein packets per day
  - + Vegetables
  - + Unlimited Lettuce
  - + Dinner meal of your choice\*
- >> 2. To be followed for 2 weeks.
  - 2 Ideal Protein packets per day
  - + Vegetables
  - + Unlimited Lettuce
  - + Lunch meal of your choice\*
  - + Dinner meal of your choice\*
- >> 3. Is a 14-day gradual reintroduction of healthy carbohydrates and fats in the morning only. Your Lunch and Dinner meals remain the same.  
*Congrats! You've achieved your Goal!!!*
- >> 4. Freedom! Phase 4 is a maintenance plan based on a few simple principles.  
*Time to enjoy the freedom that you have while maintaining your new shape*

Call 812.331.3404 to sign up to attend Premier Healthcare's free weight loss clinic workshop to learn more about the Ideal Protein program and its costs.

*The Ideal Protein weight loss method is not a high-protein diet... it simply offers a variety of good, quality, protein-based foods that are easily assimilated.*

*\*above information provided by Ideal Protein*

# You can do it!

*\*According to the Ideal Protein Protocol*