**Lose Weight with a Concierge Doctor**

**BhaktaMD**

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In America, two out of three adults are overweight or obese [1].Extra body fat creates high risk of cancer, heart disease, and type 2 diabetes.Obesity reduces life expectancy by 5-20 years [2]. It is the second leading cause of preventable death in the country [3]. Weight loss mitigates these risks. But what sounds like an easy solution is almost impossible.

Do-it-yourself diet programs rarely work. They emphasize short-term goals and fail to integrate lifestyle change. The *American Journal of Public Health* estimates the probability of obese individuals attaining a normal weight at less than 1% [4].The few who do lose weight almost always gain it back.

Fad diets do not work. Self-help does not work. Trying to lose weight on your own leads to a deadly cycle of failure and futility. But there is hope. Concierge doctors are trained professionals who can help. The concierge physician works with a small number of patients and specializes in personalized, 24/7 care. They ensure accountability and consistent results.

**Beat Type 2 Diabetes**

One of the most compelling risks for overweight/obese individuals is diabetes type 2. Nearly 90% of those diagnosed with type 2 diabetes are overweight or obese. Insulin delivers sugar to cells, and excess fat can lead to insulin resistance. Blood sugar levels remain high. This leads to myriad health issues, from amputation to blindness [1].

To determine how to beat type 2 diabetes in overweight adults, the National Institutes of Health sponsored a major clinical study. It was known as the Diabetes Prevention Program (DPP). The DPP incorporated lifestyle intervention with over 1,000 patients. Researchers determined that weight loss of 5-7% bodyweight can delay or prevent this devastating disease [5]. Losing weight has the power to reverse diabetes.

The DPP lifestyle intervention was structured, supervised, and individualized. Clinical training, support, and feedback were essential for successful weight loss [5].

**Doctors for Weight Loss**

Lifestyle intervention for weight loss (with diet, exercise, and behavioral care) is scientifically superior to minimal/standard care programs [6].Individuals suffering obesity or type 2 diabetes often feel stranded and helpless. Going to the physician is a monthly event where they step on the scale, endure a brief lecture, then go about their business. Maybe the physician is kind enough to refer them to a self-help diet book. These conventional approaches fail.

Concierge physicians implement full lifestyle intervention. They offer enhanced, personalized care with extensive appointments and complete availability. With a true practitioner-patient partnership, weight loss patients feel accountable and empowered. Reliable results are safeguarded with comprehensive medical tests. The concierge physician holds a vested interest in patient weight loss and success. They even make house calls and workplace visits!

**Embrace Your New Life**

Don’t postpone the life-changing results of permanent weight loss. Confidence at the beach is a small perk compared to beating type 2 diabetes and adding precious years to the journey. Every pound lost is a moment won in your new life.

Frustrated patients nationwide have turned to concierge medicine for lasting health and transformation. On the central coast of California, for example, [Dr. Gautam S. Bhakta](https://bhaktamd.com/) serves locations including Arroyo Grande, Pismo Beach, Grover Beach, San Luis Obispo, Nipomo, Shell Beach, and Oceano.

Don’t delay your weight loss. Investigate the power of concierge medicine before it’s too late.

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