

Dr. Close Protocol: Intense Weight Management

Introduction

Weight loss is a major area of concern in modern society. There are many factors responsible for the obesity that is over coming many countries today. Risk factors for weight regain may include the following: a history of weight cycling, disinherited eating, binge eating, more hunger, and eating in response to negative emotions and stress, and more passive reactions to problems.¹

The Dr. Close protocol (DCP) is designed to show quick and effective results. These prompt results have been shown to be a major player in long term weight loss management.¹ The Dr. Close protocol focuses on three important parts of body wellness and weight management:

1. Movement and whole body stability (To be determined individually by the physician)
2. Nutritional aspects that encompass meal rhythm and design.
3. Self management and cognitive behavioral goal setting (To be individually determined by the physician).

This is an all encompassing picture that will optimize long term goals. Numerous studies have shown each of these to be independently important, therefore the Dr. Close protocol ensures the stability and success of the patient undergoing the management plan ^[1, 3, 4, 5, 6, 7]. In the following pages, the DC protocol will be discussed at length and will draw upon similar ideals of the already popular HCG diet. HCG has been shown in numerous studies to have absolutely **no effect** on outcome of such a protocol or diet planning ^[8-22]. More importantly, the DCP focuses on functional fitness in a working sense. Movement, nutrition, and self management are pinnacle to success and when the DCP is followed truthfully and with a want to change, we see a 70% success rate in long term weight management and up to 7 kilograms lost in the first 4 weeks.

The total program may only be accessed via the clinic: Call +64-4-384-5153 for consultation regarding the DC protocol.