

Information for Physicians

Intensive Dietary Management Program

Program Information

The Intensive Dietary Management (IDM) program focus is the treatment of metabolic syndrome through a combination of intermittent fasting and dietary modifications. Specifically, we recommend a diet low in added sugars and refined carbohydrates, moderate protein and high in natural, healthy fats. We recommend above all else to eat real, unprocessed foods and to avoid snacking. In addition, we recommend that clients explore the option of adding intermittent fasting in order to achieve their weight loss and health goals.

Intermittent Fasting

While it may sound intimidating, fasting is merely the absence of eating. In some cases we recommend limiting the eating window to 8 hour per day, which is equivalent to a 16 hour fast. In other cases, we may recommend eating only a single meal per day, which is equivalent to a 24 hour fast.

Therapeutic fasting has been used for centuries without difficulty and may prove highly beneficial in the treatment of metabolic syndrome, obesity and type 2 diabetes. Dr. Jason Fung has written and lectured extensively about the use of fasting as a therapeutic option. More information about it can be found on his blog at www.intensivedietarymanagement.com or in his book 'The Complete Guide to Fasting'.

Partnership

This program is a partnership you, as the client's physician. We do not provide any advice regarding medications, bloodwork, or recommended screening tests, xrays etc. We **only** provide clients with dietary advice and expect that they will continue to see their physician for all medical advice and expertise.

During fasting, certain medications may need to be adjusted in order to prevent side effects. Most prominently, these are the diabetic medications including insulin, metformin and the sulphonylureas. Medications that need to be taken with food may also need to be adjusted during the fasting period. We expect clients to seek their physician's guidance for the adjustments.

The Solution

The IDM program believes that the metabolic syndrome, as a dietary disease demands a dietary treatment. We can provide this personalized dietary guidance in partnership with the physician to maximize the chance of a successful outcome.

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During the IDM program, clients are taught the importance of understanding how the body processes the foods they ingest, meal timing, and historical techniques used to reverse insulin resistance. By making simple lifestyle modifications people can lose weight, reverse their type 2 diabetes and many other metabolic risk factors. We have helped many people lose weight and reverse their diabetes.

Suggested Blood Tests

This list is only a suggestion. Obviously, certain clients with more severe disease require more vigilant blood work monitoring. It is left to the physician's judgement what is necessary. However, consider the following blood tests:

Every Month: fasting glucose, hemoglobin A1c (HbA1c), creatinine, uric acid, sodium, potassium, chloride, alanine transaminase (ALT), alkaline phosphate (ALP), albumin, albumin/creatinine ratio (urine), CBC panel, urea, bicarbonate, calcium, phosphate, and magnesium.

Additional Tests Every 3 Months: lipid panel, folic acid, and vitamin B12.