

Dr. Doug Swinson, DC

Ocala Innovative Medical is a new clinic opening its doors in Ocala, and owner Dr. Doug Swinson's staff will offer a revolutionary weight loss program to the community: Synergy Medical Weight Loss, a physician-assisted weight management program.

HOW DOES SYNERGY MEDICAL WEIGHT LOSS HELP PATIENTS MEET THEIR GOALS?

We do an initial free consultation to make sure you're a candidate for the program, and after, we create a personalized diet and exercise plan for each patient. We do weekly weigh-ins along with lipo/B12 injections, and sit down to answer any questions needed. We try to be hands-on, almost like a concierge in a sense. We make the program to fit every patient's lifestyle and personal needs. Some patients opt for a prescription appetite suppressant if they have difficulty losing weight.

HOW LONG DOES THE PROGRAM LAST?

The program is month to month, but we suggest our patients make a four-month commitment to make it a lifestyle change and ensure it's not just quick weight loss. We realize not everyone is capable of losing 20 to 30 pounds in one month, or necessarily in two months, but we're here to meet with them weekly for one-on-one counseling to help during the difficult periods.

WHAT IS UNIQUE ABOUT PHYSICIAN-SUPERVISED WEIGHT LOSS? Usually people get into programs but don't have someone to help them. If they have questions or one week they didn't lose as much as they hoped, we

can evaluate their eating habits, water intake and exercise. Also, this is a medically assisted program, but we offer natural supplements like AM and PM appetite suppressants, a vitamin complex, protein shakes and probiotics.

WHAT ROLE DO SUPPLEMENTS PLAY? The lipo/B12 injection helps with patients' energy, because often when losing weight we feel fatigue because of cutting calorie intake. The HCG (human chorionic gonadotropin), a research-backed supplement, helps them burn fat calories but maintain muscle mass in the process of dieting and exercise.

WHAT WOULD YOU SAY TO SOMEONE CONSIDERING TRYING SYNERGY? I would say that it doesn't hurt to come in for our free weight loss consultation, meet with the staff and go through the program to see if it's the right fit for you. See if it's something you want to make the mental and financial commitment to before starting the program.



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CERTIFICATION/EDUCATION: Board-certified chiropractic physician, Bachelor's in Science (Nutrition)

YEARS IN PRACTICE: 17

Synergy Medical Weight Loss at Ocala Innovative Medical

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