

December 2011

To my dear patients,

The Christmas season is upon us and the New Year is not far away. Resolutions for bettering ourselves are a common thing at this time of year and if you really want a new you in 2012, you should consider starting with making your health a top priority. I don't mean simply quitting smoking or joining a gym, although these things are important. I mean truly feeling and looking your best, the way you did when you were younger. Without your health, it is very hard to enjoy your friends, your family or to have an overall good quality of life. A myriad of positive changes have taken place for me in 2011. Not only has my location changed, I have also incorporated many new techniques to serve you in a more complementary and integrative approach to health care. Some may say that I am in the twilight of my career, yet I feel a renewed passion to make a dramatic difference in women's health as they transition through life.

For the past fifteen years, I have devoted myself to studying integrative and functional medicine as it applies to female health. For some time now, I have been offering you my expertise in bio-identical hormone therapy and balancing the body's hormones, including thyroid and adrenal. To complete a holistic approach to your care, I am offering basic nutritional and exercise counseling, therapies for thyroid and adrenal hormone repair and replacement, as well as IV nutritional and antioxidant therapy. Counseling sessions on these and other anti-aging strategies will start you on a new course to better health and longevity. I encourage you to consider these evaluations and therapies for yourself if appropriate and to come in for a consultation when you are ready to make some positive changes and improve your enjoyment of life. In addition, I have discovered an **amazing anti-inflammatory, weight loss management program** that has already changed my life, as well as the lives of many of my patients. This program can be the change for 2012 that you are seeking and will put you on the road to optimum health and the ability to enjoy your new found vibrancy. The details are available below for your thoughtful consideration.

I have investigated, researched and studied the latest HCG weight loss craze for the past year. With patient after patient relying on me for guidance, I knew I must give this program serious consideration regardless of the FDA controversy that surrounds it. Certainly I would love to assist my patients in their efforts to lose weight, **but more importantly, I want the diet to be safe with long-term benefits.**

At last, I am excited and confident the program I have chosen is superior to many available on the market today. I am personally using this program for my own weight loss goals and have already experienced wonderful success. **SHAPE ReClaimed** is *formulated out of 30 years of clinical experience using homeopathy as bio-regulatory medicine. While it does not contain HCG,* its formulation is unique in that it has a glyco-protein complex that mimics what HCG does in the body along with a number of other homeopathic substances that regulate appetite and balance body chemistry. Unlike many, this program is a **"physician supervised, anti-inflammatory restricted calorie diet."** **SHAPE ReClaimed** is a liquid homeopathic appetite suppressant that

helps break down stored yellow fat quickly, effectively and safely. Not only will you drop weight, your metabolism will improve dramatically along with decreasing inflammation in your body, which equates to improving joint pain, blood pressure, cholesterol and blood sugar levels. Many are saying good-bye to depression and medications while saying hello to mental clarity. It is thought that 25% of all malignancies are related to obesity and the intake of refined sugars. If we truly are what we eat, why not resolve to finally start eating well this New Year, emphasizing foods that give us better health, more energy and less risk of debilitating, deadly illnesses such as heart disease and cancer? The weight loss can be your added bonus!!

This revolutionary weight management program includes:

- 1st Initial visit – Comprehensive Health Assessment
- Blood Work
- Urine Analysis
- Dietary Regimen
- SHAPE ReClaimed Homeopathic Formula – one month supply
- Patient Guidebook
- 2nd Progress Follow-Up Visit with Urine Analysis
- 3rd Final Visit – Planning your Health and Weight Maintenance for Life

Because counseling of the type specified above and weight management programs are not covered by health insurance plans in general, I will not be able to offer this to you through the traditional insurance mechanisms. All lab work (blood and urine analysis) will still be covered for you under the insurance plan rules and deductibles that you now enjoy. The outlined three doctor visits, weight loss supplement and patient guidebook will be your personal financial responsibility. The cost for these will be \$450 which will be payable at your initial visit. Costs for other programs detailed above will be patient specific and available information on initial consultation visit. Any other costs can be obtained by calling my office.

I encourage you to give me the six weeks this weight management program requires to **TRANSFORM** *your life forever*, starting you on a journey toward the **CHANGE** *you have always wanted*, the **KNOWLEDGE** *of how to change your body's metabolism and the PROMISE of a healthier future*. You can make no wiser decision than this if you want to truly optimize your health in 2012. **Make the move and call the office today to schedule your 1st Initial Visit. I look forward to helping you to soon achieve your goals, maximize your health, and change your future.**

Sincerely,

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