



HMR Diets are Affordable and Effective

Losing Weight and Gaining Health Can Help You Save Money!

Save on food costs

The cost of HMR foods along with fruits and vegetables has been found to, on average, reduce dieters' weekly food expenses.

In a recent survey, over 90% of participants on the HMR® Program reported saving money on food while on the diet (HMR Survey, 2008).

"Before HMR, I was on more than 16 medications, including 150 units of insulin a day. After losing weight with HMR, I'm down to just 4 medications, and I'm off my insulin completely. I feel much better and I'm saving over \$3,500 a year on prescriptions."

~ Sam M, lost 125 lbs.*

Save money on medication costs

In a recent published study of 118 HMR patients who lost over 100 lbs. (*Am J of Clin Nutr 2007;86:301-307*)

- ✓ Medication doses were reduced in all patients
- ✓ 100% of patients on medications for abnormal cholesterol/triglycerides were discontinued
- ✓ 67% of patients on medications for high blood pressure (hypertension) were discontinued
- ✓ 73% of patients on medications for diabetes were discontinued

Prevent medication costs

In a recent study of 351 HMR patients who were pre-hypertensive and lost an average of 37 lbs.

- ✓ 94.3% remained medication-free at follow-up (average 2.7 years)

In a recent study of 175 HMR patients who had pre-diabetes and lost an average of 47 lbs.

- ✓ 98% remained medication-free at follow-up (average 2.6 years)

Real lifestyle change and medically significant weight loss are possible with the HMR Program!

*HMR Program average weight loss

In-clinic program options:

Decision-Free® Diet <i>(medically supervised)</i>	50-60 lbs.
Healthy Solutions® Diet	35-40 lbs.

HMR at Home® program options:

Self-directed diet kits	15-20 lbs.
With weekly phone support	25-30 lbs.