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Obesity, Diabetes, Cholesterol or High Blood Pressure?

Your Last Diet has finally arrived in Alaska



Obesity, Diabetes, Cholesterol or High Blood Pressure?

Give your over-worked pancreas a break.

Although touted as a diet, Ideal Protein is more than that.

“I like to think of it as more of a treatment,” said Jay at the February 18th seminar “Your Last Diet” at the office of Ideal Protein Consultant Stephanie Teslow, BS, RN.

If you suffer from any two of obesity, diabetes, cholesterol problems or high blood pressure, then read on.

A small audience of about 40 new and returning clients, listened and then commented on the Ideal Protein products and their personal results recently.

Dieting causes muscle loss and you are worse off, says Jay Sykes. Sykes is the National Development Coordinator of Ideal Protein, and was in Alaska this past month.

This “diet” plan started in 1973 to conserve muscle mass and regulate insulin of athletes by Harvard’s Dr. Blackburn. Improvements were made by Dr. Tran Tien Chanh who holds a Phd. in nutrition, and used the program with athletes for more than eighteen years in Europe, and Canada had privy to the plan quite a few years before the United States did.

It took seven years for the Ideal Protein foods to be approved by the United States Food and Drug Administration. Since then, over 100,000 United States residents have opted for the program with a 96.1% success rate, says Jay.

All told, nine million people worldwide have used the program, he says. Anyone can lose weight on this diet, as long as you don’t cheat, he says.

What You Can Eat.

With the wide variety of foods available, it may now be possible for those with previous failures at dieting to be successful.

The diet consists of prepackaged “food” which is a specially created protein formula, which is then modified to reflect the flavors and ingredients that are popular with those not on special diets. There are breakfast items like omellettes and cereals, and lunches like soups, and also there are dessert and drink mixes for those with an insatiable sweet tooth.

The packaged foods are augmented with carefully chosen vegetable and meat choices, and many condiments are allowed. Lunch is a combination of food packets and vegetables, and dinner is meat and vegetables from the long lists of allowed foods. The fourth meal of the day is an evening snack chosen from any of the categories of pre-packaged options. Lettuce is an unlimited option, along with off the shelf “diet” foods that contain zero calories and carbohydrates.

Where can I learn more?

Anchorage has had a physician offering the weight loss and insulin correcting program for the past year or more.

Fairbanks now has a Ideal Protein clinic, which opened in October 2010.

Contact information for Alaska Body Aesthetics in Anchorage is (907) 868-8989. The health care professional directing the Anchorage Ideal Protein diet plan is Linda Wrigley, MD at 3260 Providence Drive, Suite 520, Anchorage, Alaska.

The website for the Fairbanks office is <http://www.idealweightfairbanks.com> Stephanie Teslow BS, RN is the consultant, and her office is located at 1275 Sadler Way, Suite 103. Her office can be reached by phone at (907) 750-7646.

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