



GEORGIA
BARIBATRICS
ALWAYS #1 FOR WEIGHT LOSS !

Jan McBarron, M.D., N.D.
Clinician of the Year 2010

2481 Airport Thruway
Columbus, GA 31904
706.323.4838

2904 Macon Road
Columbus, GA 31906
706.322.4073

3051 Frederick Road
Opelika, Al 36801
334.749.8190

www.georgiabarietrics.com

WHAT IS BARIATRICS ?

Bariatrics is the medical specialty of weight control. It is derived from the Greek word “baros”, which means weight. A bariatrician is a licensed medical doctor who is qualified to practice Bariatric medicine. Georgia Bariatrics is Dr. McBarron’s private medical practice.

Through Georgia Bariatrics, you will reach and maintain your desired weight goal. Dr. McBarron is highly trained and skilled in orchestrating your weight loss program. She first became a registered nurse, moving on to a Bachelor’s degree in nursing, a Bachelor of Science in Biology, and finally obtaining her Medical Doctorate. Dr. McBarron is surrounded by a staff of medically competent nurses and para-professionals. Many of her staff have overcome their own weight problems and can help you with yours. On behalf of all of us here at Georgia Bariatrics, **WELCOME !**

We are proud of Georgia Bariatrics and know you have made the best choice! Here is why:

- * Dr. McBarron is the ONLY Board Certified Bariatrician within 150 miles of Columbus.
- * She personally understands your struggle as she has LOST OVER 70 POUNDS.
- * She has the MOST EXPERIENCE in helping you. She was the first Bariatrician in the area and has the longest record of proven maintenance since 1987.
- * Dr. McBarron dedicates her practice EXCLUSIVELY to Bariatrics. She’s not trying to “Tack On” Bariatrics to another practice.

BARIATRICS (bar-i-at riks) [G. Baros, weight, +iatreia, medical treatment]: The branch of medicine or surgery that deals with the management (prevention or control) of obesity and allied diseases.

Steadman’s Medical Dictionary
26th Edition

Please note: This first book is complimentary. Additional books are \$5.00. This is your personal reference book. We recommend you save all literature we give you and create your own weight control file. It will become a valuable aid in helping you maintain your weight loss.

YOUR COMMITMENT

Lose Weight Every Day

1. Eat three fruits.
2. Drink at least three 16 ounce bottles (48 oz) of water.
3. Walk at least ten minutes uninterrupted.

Gain Weight Any Day

These stimulate your appetite and make your pills less effective:

1. All chewing gum – even sugarless.
2. All fried foods – especially french fries and fried chicken.
3. Sweet tea, soda, diet soda and flavored water.

FIGHT FAT

Our food plan meets the standard of The American Heart Association and The American Cancer Society. It contains less than 30% fat.

Calculating Fat Percentage

Read the label and note the total number of fat grams and calories per serving. Multiply the number of fat grams by 9. Next, divide the total fat calories by the total number of calories per serving. Convert this to the percentage.

Example: Consider Peanut Butter

Calories per serving 190

Fat grams per serving 16 $16 \times 9 = 144$ Fat Calories $\frac{144}{190}$ Fat Calories
190 Calories per serving = $.75 = 75\%$ Fat

Don't count calories, count the percentage of fat. An easy, quick rule of thumb is for every 100 calories per serving, do not exceed more than 3 grams of fat. We have several ways to help you watch the fat in your diet.

MAKE IT EASY

- * **FLAVOR WITHOUT FAT** - This cookbook is truly one of a kind. It's divided into two parts. Part one helps you to understand the difference between cholesterol, triglycerides, and fat in general. In addition, it shows you how to convert your own favorite recipes into tasty low fat meals. Part two of the cookbook gives you over 100 recipes from soups to desserts that are all less than 30% fat and absolutely delicious. Dr. McBarron authored this book. Autographed copies are available.

- * **COLUMBUS NUTRITION** – This best selling book offers 3 different food plans, sample menus and recipes. This is how Dr. McBarron lost her 70 pounds.

- * **THE PEACHTREE DIET** - This book stops the confusion and makes weight loss fun and easy for the entire family. The food plan changes every 2 weeks to prevent boredom.

- * **BEING A WOMAN NATURALLY** - Dr. McBarron's guide to natural supplements over 25. Learn more about vitamins and supplements to help yourself. Includes PMS, Fibrocystic Breast Disease, Thyroid problems, Osteoporosis, Menopause and much more. Information is power. Learn how you can help yourself naturally, without drugs.

- * **WEIGHT LOSS CD** – 24/7 weight loss CD is an easy way to lose weight. Dr. McBarron gives you one tip each week. You listen just 5 minutes once a week and watch the pounds melt. Great for kids and teens also.

- * **WWW.GEORGIABARIATRICALS.COM** – Over 100 easy to follow weight loss tips. Unique and informative. For example; how can paper clips help you lose weight?

- * **HORMONAL HARMONY** - A great book by Jan McBarron, M.D. that addresses the changes a woman's body goes through and how to control them naturally. Put an end to mood swings, hot flashes and vaginal dryness.

THE BASIC FOOD PLAN

BREAKFAST

1 serving -	Fruit Selection	List 2
1 serving -	Bread Selection	List 3
3 servings -	Meat Selections	List 4
1 serving -	Fat Selection	List 5
1 serving -	Milk Selection	List 6

LUNCH

1 serving -	Vegetable Selection	List 1
1 serving -	Fruit Selection	List 2
1 serving -	Bread Selection	List 3
2 servings -	Meat Selections	List 4
1 serving -	Fat Selection	List 5
1 serving -	Milk Selection	List 6

DINNER

2 servings -	Vegetable Selections	List 1
2 servings -	Fruit Selections	List 2
2 servings -	Meat Selections	List 4

LIST 1 - VEGETABLE SELECTIONS

Any vegetable cooked or raw - 1 Cup

Artichoke	Cauliflower	Mushrooms	Sprouts
Asparagus	Celery	Onions	Squash
Bamboo Shoots	Cucumber	Peppers	String Beans
Beets	Eggplant	Pimento	Tomato
Black-Eyed Peas	Green Beans	Pumpkin	Turnip Greens
Broccoli	Green Onions	Radish	Watercress
Brussels	Greens	Sauerkraut	Water Chestnuts
Cabbage	Leeks	Scallion	Yellow Wax Beans
Carrots	Lettuce	Spinach	Zucchini

THE BASIC FOOD PLAN (continued)

LIST 2 - FRUIT SELECTIONS

Any fruit or 4 ounces of unsweetened juice. Fruit can be raw or canned, with no sugar added

<u>Portion Size</u>		<u>Portion Size</u>		<u>Portion Size</u>	
Apple	1 small	Grape Juice	1/4 cup	Peach	2
Applesauce	½ cup	Grapes	12	Pear	1
Apricots	2	Honeydew	1/4	Pineapple	½ cup
Banana	½	Kiwi	1	Plums	2
Blackberries	2/3 cup	Lemon	2	Prunes	2
Cantaloupe	1/4	Mango	1/4 cup	Raspberries	½ cup
Cherries	10	Nectar	1/3 cup	Rhubarb	1 cup
Dates	2	Nectarine	1 cup	Strawberries	1 cup
Figs	1	Orange	1	Tangerine	1
Grapefruit	½ cup	Papaya	3	Watermelon	4" x 1 ½

LIST 3 - BREAD SELECTIONS

Please look carefully. "Bread" includes cereal, crackers, rice, macaroni, beans, corn, peas, limas, potatoes, and popcorn

<u>Portion Size</u>		<u>Portion Size</u>	
Bagel	½	Grits	½ cup
Beans	½ cup	Lima Beans	1/3 cup
Biscuit or Roll	1	Macaroni	½ cup
Bread - any	1 slice	Melba	4
Breadsticks	2	Muffin	1
Buns	1	Noodles	½ cup
Cake	1 slice	Pancakes (4")	2
Cereal, cooked	½ cup	Peas, dried/cooked	½ cup
Cereal, packaged	1 cup	Popcorn, air popped	2 cups
Corn, ear	½	Potato, white	1 small
Corn	½ cup	Potato, sweet or yam	1/4 cup
Cornbread	1 slice	Rice	½ cup
Crackers		Rice Cake (large)	2
Graham	2	Rice Cake (mini)	5
Oyster	20	Spaghetti	½ cup
Saltines	5		
Soda	3		
Zwieback	2		

THE BASIC FOOD PLAN (continued)

LIST 4 - MEAT SELECTIONS

A portion of meat or fish as big as the flat of your palm and as thick as your little finger equals - roughly 4 ounces

<u>Portion Size</u>	<u>Portion Size</u>	<u>Portion Size</u>
Meat - cooked 1 oz. <i>Beef, Game, Turkey</i> <i>Chicken, Ham, Veal,</i> <i>Fish, Pork, Venison</i>	Clams 3 Crab ½ cup Egg 1 Lobster 1 oz.	Oysters 2 Scallops 1 oz. Shrimp 2 medium Tuna 3 oz.
Cheese 1 oz.		

LIST 5 - FAT SELECTION

This list will cause you to gain weight fast. Be very careful.

<u>Portion Size</u>	<u>Portion Size</u>
Avocado 1/8 Bacon, Crisp 1 slice Butter or Margarine 2 tsp. Cream Cheese 1 Tbsp. Mayonnaise 1 Tbsp. level	Nuts 6 Oil 1 Tbsp. Olives 5 Peanut Butter 1 Tbsp. Salad Dressing 1 Tbsp.

LIST 6 - MILK SELECTIONS

<u>Portion Size</u>	<u>Portion Size</u>
Cottage Cheese 1 cup Pro-Cal 1	Skim Milk 1 cup Yogurt (nonfat) ½ cup

MISCELLANEOUS

<u>Portion Size</u>	<u>Portion Size</u>
Pickles 4/day Frozen Dinners 4/week Coffee, Tea, Cola 2/day Frozen Yogurt 1/week	Eggs 3/week Catsup 2 Tbsp./day Decaf Beverages 3/day

UNLIMITED

Seasoning, spices, mustard, Equal, horseradish, soy sauce, Worcestershire sauce, vinegar, herbs, and certain fat free foods (those that are sugar free).

WATER

WHY WATER ?

- * Suppresses appetite and burns fat faster
- * Stops bloating.
- * Helps increase metabolism.
- * Prevents wrinkles.
- * Speeds weight loss.
- * Prevents constipation.

HOW MUCH ?

8 - 8 ounce glasses a day. Have more if you want. Remember, water flushes the fat out of your system.

DOES IT HAVE TO BE WATER ?

Many people ask if iced tea or lemonade can be substituted for water. Let me ask you: Would you shampoo your hair with iced tea or wash your dishes in lemonade? There is no substitute for water.

BOTTLED WATER ?

Club Soda

Seltzer

Tonic

Clearly Canadian

Perrier, Geysler

Contains sodium

Contains NutraSweet

Contains corn syrup

Contains sugar

Contains pure naturally carbonated water

WALKING

Your ideal walking program should be:

1. 30 minutes, uninterrupted.
2. 6 days a week.
3. Pace should be so that you are short of breath (not out of breath). You should be able to talk while walking, but your breathing should be labored.

However, consistency is more important than intensity. Walking 10 minutes, 6 days a week is better than 60 minutes once a week and it's easier. So, remember, walk everyday even if it is for just 10 minutes.

BEHAVIOR MODIFICATION TIPS

- * Always serve food on individual plates. Avoid "family style" and "buffet".
- * Clear your leftovers directly into the garbage. Leftovers are waste or waist.
- * Never watch TV, read, or talk on the telephone while eating.
- * Learn to read labels and eat less than 30% fat.
- * Give away or alter your clothes as soon as they become too large.
- * Eat slowly.
- * Never eat in your car.

Get over 100 Weight Loss Tips!

georgiabariatrics.com

Call 706.322.4073 Ext 3 Anytime 24/7 for the weight loss tip of the day

APPETITE SUPPRESSANTS

There are two distinct classes of medications to control hunger. Amphetamines and anorectics. Dr. McBarron prescribes anorectics, known as Appetite Suppressants (AS). At no time will you EVER be given an Amphetamine. Anything bad you have heard about a diet pill is about Amphetamines - not anorectics. Amphetamines are addicting drugs with many side effects and have no place in a weight loss program.

Points to remember when taking an Appetite Suppressant (AS).

1. Side effects - All medications, including aspirin, have a potential for side effects. In the unlikely event you feel you are experiencing a problem with any medication, let us know. If at any time you feel you are having a problem that cannot wait until you reach us, notify your family doctor. Fortunately, this is rarely necessary.
2. Occasional side effects may include: dry mouth (relieved by increased water intake), jitteriness (short lived and usually disappears after the second day), difficulty falling asleep (often relieved by taking pill earlier in the day), and headache (usually disappears after the second day, and is relieved by usual headache remedies of aspirin or Tylenol).
3. Immunity - Occasionally, after time you may feel the AS no longer works as well as it did initially. Be sure to discuss this at your doctor's visit so Dr. McBarron can change it for you. None of the above 3 are reasons to quit being our patient. Don't quit - Let us help you.

IN ORDER TO ACHIEVE THE MAXIMUM BENEFIT FROM YOUR "AS"

1. **TIME** - It works best to take it 2-3 hours after waking. Take your AS an hour or more before lunch or dinner or, as directed by Dr. McBarron. Never take your AS before breakfast or with any other medicine or vitamins.
2. **WATER** - Always take your AS with water. Any other beverage deactivates the medicine. It should be followed with 8 ounces of water within 60 Seconds to work effectively. This pushes it to the bottom of your stomach away from your stomach acid. The longer your AS is in contact with your stomach acid, the less effective it works. Remember: 8 Ounces of water within 60 seconds 2 - 3 hours after your first meal of the day.
3. **WAIT** - It may take a minimum of an hour to begin working, so give it an honest chance.

FAT BURNING VITAMIN INJECTIONS

WHAT ARE THEY ?

Pure vitamins. A complete mixture of seven vitamins in a B12 base.

ARE THEY SAFE ?

Completely. They are pure water soluble vitamins with NO SIDE EFFECTS, no matter how often you take them.

HOW OFTEN ?

As often as your budget permits. Once a week is minimum and daily is best.

WHAT IS A BASIC VS. PREMIUM INJECTION?

A basic burns fat for 18 hours, a premium for 24 hours.

CAN I TAKE 2 AT ONCE ?

Absolutely! When you take 2, it opens twice as many fat cells for 18 or 24 hours. Two is always better than one, and is beneficial if you are on a plateau or bingeing.

WHY SHOULD I TAKE THEM ?

1. To open fat cells and make your weight loss easier.
2. To decrease sugar cravings and the tendency to binge.
3. To decrease bloating and swelling.
4. To lose inches evenly all over, especially cellulite.
5. To help relieve stress.
6. To maintain energy level.
7. To prevent mood swings, especially during P.M.S. or menopause.

HOW CAN I TAKE THEM ?

We prefer you allow us to give you the injections. However, if you want to take them home with you, let us know.

Remember, you never need an appointment for an injection. Drop by anytime. In the event you want the discount and prepay for your injections, you will receive an "Injection Card". Your "Injection Card" should be treated as if it were cash. Please protect it, as it cannot be replaced if lost or stolen.

URGENT MUST READ!

After your initial Doctor's visit, appointments are preferred but not necessary. You may obtain refills on your suppressants under the Doctor's supervision in several ways.

1. Make an appointment. This is the fastest and most helpful way for you.
2. Express Service – No appointment necessary. Available at 2904 Macon Rd when the green light is flashing on our road side sign 9-6 weekdays (close 2-3). Available in Auburn every Wednesday 9-6 CT (closed 2-3).
3. Call 706-322-4073 and arrange for a pickup at the location of your choice- Auburn, Macon Rd or Airport Thruway.
4. Order at georgiabariatrics.com and they will be mailed directly to you.

Office Hours

2904 Macon Road – 706.322.4073

Monday through Friday 9 – 6 (Close 2-3)

2481 Airport Thruway – 706.323.4838

(Next to **Peachtree Natural Foods** in The Landings)

Monday through Friday 10 - 7 (Close 2-3)

Every Saturday 10 – 5 (OPEN ALL DAY)

3051 Frederick Road – 334.749.8190

(Next to **Peachtree Natural Foods** in The Shoppes at Midtown)

Monday through Friday..... 9 - 6 (CT) (Close 2-3)

Every Saturday 10 – 5 (OPEN ALL DAY)



DUKE AND THE DOCTOR

THE #1 HEALTH TALK SHOW IN THE NATION

TV

NBC 38 Thursday 12-1 PM on Calvin Floyd Show

Radio

Columbus	WDAK 540 AM WRCG 1420 AM WRCG 106.9 FM	Weekdays 6-7 P.M. and Sat. 10-11 A.M. Sundays 9-10 A.M. Sundays 9-10 A.M.
Atlanta	WAEC 860 AM	Weekdays 9-10 A.M. and 9-11 P.M.

dukeandthedoctor.com 9-11 A.M.

Entire month of broadcasts archived 24/7





Peachtree Natural Foods

"You Deserve The Best, Naturally!"

Voted In The Top 100 Health Food Stores In The Country
Store Hours: Monday–Friday 10–7 Saturday 10–5 Closed Sunday

- | | | | |
|--|---|---|--|
| Snellville
Presidential Commons
770.982.4989 | Peachtree City
Peachtree East Center
770.487.8288 | Opelika, AL
The Shoppes at Midtown
334.745.7679 | |
| Phenix City, AL
Next to Publix
334.480.0284 | Columbus
The Landings
706.322.3282 | Columbus
Milgen Plaza
706.565.9245 | Columbus
Next to Lowe's
706.649.3071 |

Our Web Site Is Open All Night! peachtreenaturalfoods.com



Peachtree Natural Foods is owned by my husband, Duke Liberatore, and was voted **BEST NEW NATURAL FOOD STORE** for 1993 by *Health Food Business Magazine*. In addition, the store has grown to seven locations throughout Georgia and Alabama. Peachtree Natural Foods was voted in the top 100 best health food stores nationwide.

All of the foods have been approved by Dr. McBarron. They have been carefully selected to be free of chemicals, preservatives and artificial sweeteners. Therefore, any food from Peachtree Natural Foods **MAY BE ENJOYED IN UNLIMITED QUANTITIES.**

In selecting foods from other stores, be sure to read the label very carefully. Most often these contain large amounts of sugar or chemicals that stimulate the appetite. They should not be eaten in unlimited amounts but rather just one serving twice a week.

PEACHTREE NATURAL FOODS - Many convenient locations to serve you throughout Georgia and Alabama. None are located in the mall.

STORE HOURS

Monday - Friday	10 - 7
Saturday	10 - 5

The staff at Peachtree Natural Foods is highly trained and personally instructed by Dr. McBarron. They are well aware of the Vitamins and Herbs she prescribes. Visit the store for a healthy new experience.