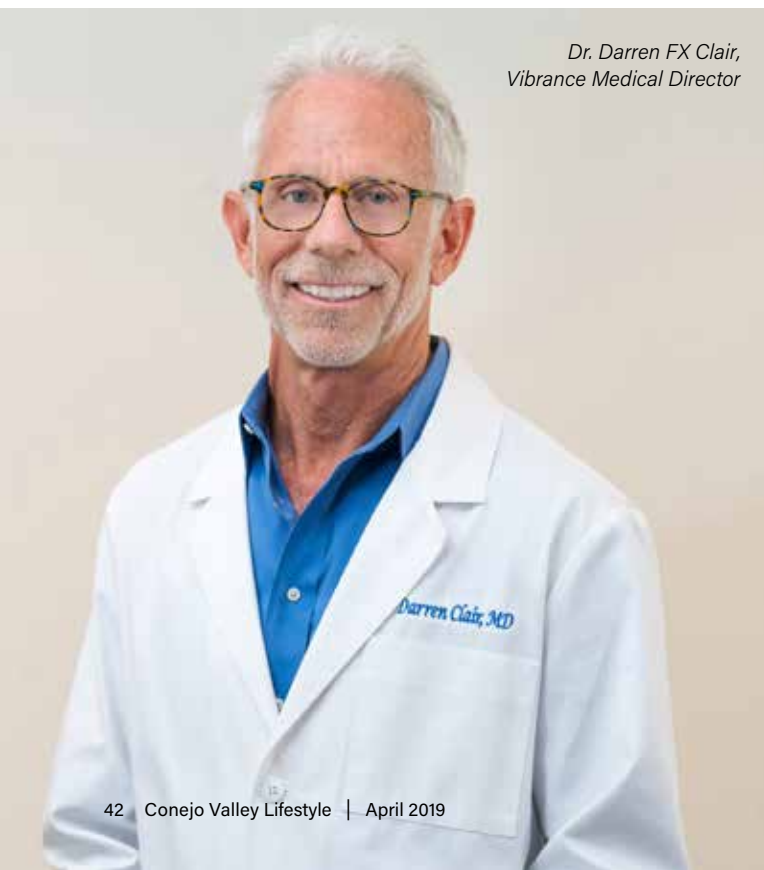




# SHAPE UP

with vibrance health

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*Dr. Darren FX Clair,  
Vibrance Medical Director*



“

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*Vibrance Medical Group is located at The Landing, 32123 Lindero Canyon Road, Suite 205, in Westlake Village. For more information, call 805.379.0254; or visit [VibranceHealth.com](http://VibranceHealth.com).*

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**ITH SPRING JUST AROUND THE CORNER, FOLLOWED QUICKLY BY BATHING SUIT SEASON, MANY ARE SEEKING WAYS TO LOSE WEIGHT IN AN EFFORT TO LOOK AND FEEL THEIR BEST.**

At Vibrance Medical Group, which offers the innovative SHAPE Weight Loss Program, “We are a little different than the typical medical model,” says Dr. Darren FX Clair, Medical Director at Vibrance, who has helped thousands of patients improve and maintain their overall health and vitality for more than two decades.

“We are about using all the tools we are born with, which we have acquired through millions of years of evolution, to optimize our health as the first choice in terms of dealing with any condition, rather than turning to medications or procedures first,” he says.

To that end, the SHAPE Weight Loss Program involves no risky drugs or surgery—rather, just small doses of specially formulated hCG, which is a natural hormone. This comes in the form of a shot or drops that can be placed under the tongue.

“The way we help people lose weight, specifically body fat, is through hCG, which helps people burn fat,” Dr. Clair explains. “The diet works fantastic; they’re not hungry, they’re not tired, so they see good results.”

SHAPE is an acronym for Safe, Healthy, Advanced, Permanent and Effective.

The SHAPE Weight Loss Program works in alignment with a diet of very nutritious, fat-fighting foods, which means zero pre-packaged foods or drinks that you must depend upon for maintenance—making it more realistic for the long-term. More specifically, the diet integrates B12 therapy, a Paleo-type diet that helps eliminate food allergies that can cause weight gain with nutritious foods that constitute the basis of a very healthy lifestyle.

“It does not include food substitutes or processed foods that lack nutrition; it does not contain additives or preservatives that do not foster healthy eating habits,” Dr. Clair explains. “It also does not include appetite suppressants that can have severe side effects to your health and may lead to nutritional deficiencies.”

In other benefits, Dr. Clair believes it is very important to identify the reasons for your weight gain and any underlying medical causes for being overweight to ensure lasting results. For instance, based on each individual’s history, patients may undergo innovative testing for hormone imbalances, sleep disorders and stress factors that may make healthy weight maintenance difficult.

“We hold people very accountable,” Dr. Clair emphasizes. “We have them come in every week to monitor their progress, because the accountability is very important.”

The program also keeps the weight off permanently by resetting your metabolism, and because it’s supervised by a Medical Doctor, people will see results regardless of pre-existing conditions, including heart disease, diabetes and high blood pressure.

In the end, those on the program lose unwanted fat—not muscle—and ultimately see great results.

“Our SHAPE weight loss program is the healthiest, most effective, longest lasting and most innovative weight loss program currently available,” Dr. Clair adds. “I can say this with confidence because having offered many diets during the course of my professional career in proactive health, I have seen them all. None have come close to SHAPE.”