

Weight



1. What kinds of laboratory tests or imaging studies will you need to help me with my weight challenges?
 - How will those tests help you to gain insight about what might potentially be contributing to my weight challenges?
2. What, if any, diseases am I at risk of having due to my weight? Of these, are any reversible through a whole food, plant-based diet and movement practices?
3. Am I a candidate for different treatments, such as prescription medications, dietetic referrals, or surgery?
 - What immediate and long-term effects do these options pose?