

Ideal Protein Weight Loss Method 8 Week Case Series Report

ABSTRACT

This information is an overview of the results achieved from 20 dieters in our clinic in just 8 weeks of following the Ideal Protein Weight Loss Method (IPWLM). This case report was designed to show the results across a wide range of ages (25-66) in both men and women. These results are an example of what our dieters are quantitatively accomplishing during their first 8 weeks of the IPWLM.

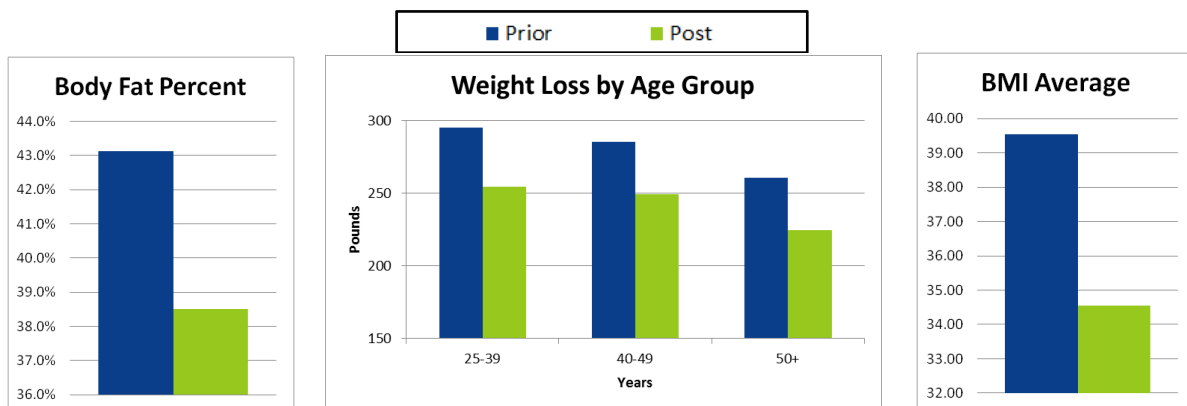
The IPWLM includes weekly meetings with a coach, consuming 3 Ideal protein products per day, taking vitamin and mineral replacement supplements, eating 4 cups of low-glycemic vegetables, 8 oz. of natural proteins, and salad. Measurements of weight, body mass index (BMI), body fat percentage, and lean muscle mass are measured at each weekly check-in and, for this case report, 8 weeks was selected as the time to measure improvement from the beginning. These measurements address important risk factors and influences on the most common concerns of IPWLM patients (diabetic/pre-diabetic, hypertension, appearance, overall health, etc.). This study was conducted with actual clients of both the Tumwater and Olympia Ideal Lifestyle Center clinics.

RESULTS

- *Average total weight loss: **36.85 lbs.***
- *Average weekly weight loss:*
 - **Men 4.78 lbs/wk**
 - **Women 3.85 lbs/wk**
- *Average Body Fat Percentage decrease- **4.6%***
- *Average BMI reduction- **5.01***
- *16 of 20 participants dropped one entire BMI classification*
- *1 participant dropped two BMI classifications*
- *Average time to achieve 10% body weight loss: **5.5 weeks***

8 WEEKS ON PROTOCOL RESULTS (IDEAL LIFESTYLE CENTER)*						
	Weight (lbs)		Body Mass Index		Body Fat Percentage	
	Prior	Post	Prior	Post	Prior	Post
Average	277.4	240.5	39.56	34.55	43.1	38.5








*Rounded to 4 significant figures

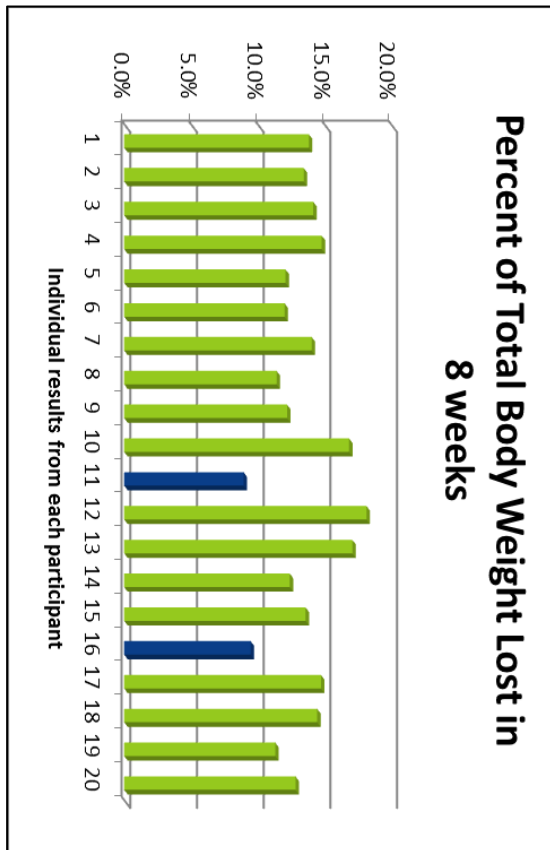


CONCLUSION

While this was a small-scale, short-term analysis of the IPWLM protocol these results are compelling, and in our 4 years of experience working with hundreds of participants, quite typical for this program. Clearly, the IPWLM achieved its goals of weight loss and reduction in body fat, as well as improvements in overall health. It is important to bear in mind that these results were achieved in only 8 weeks. Continued improvement would likely be seen with larger amounts of data to be collected from participants over longer periods of time.

Positive Migration in Weight Classification After 8 Weeks on IPWLM Program

CLASSIFICATION (BMI)	Normal	Overweight	Class 1 Obesity	Class II Obesity	Class III Obesity
	18.5-24.9	25.0-29.9	30.0-34.9	35.0-39.9	>40.0
Prior					
Post					



Participant	Start BMI	BMI on week 8	BMI change
1	46.1	39.2	-6.9
2	38.2	33.1	-5.1
3	46.5	39.9	-6.6
4	35.1	29.9	-5.2
5	42.9	37.7	-5.2
6	33.3	29.3	-4
7	47.3	40.7	-6.6
8	42.9	38.6	-4.3
9	36.2	30.7	-5.5
10	33.9	28.2	-5.7
11	41.2	37.9	-3.3
12	40.7	35.4	-5.3
13	38.6	32	-6.6
14	42	37.7	-4.3
15	30.5	26.3	-4.2
16	42.6	41.3	-1.3
17	31.6	27	-4.6
18	32.5	27.8	-4.7
19	53.7	47.6	-6.1
20	35.3	30.7	-4.6