

HEARTLAND WEIGHT LOSS

OUR TEAM



WHAT OUR PATIENTS ARE SAYING

"If you want the next fast weight-loss gimmick, this is not your place. If you want honest, compassionate medical advice and a real-life eating plan that puts you in the driver's seat, I recommend Heartland Weight Loss."

— Ginny

"I've always struggled to lose weight on my own, but I'm doing it! I'm eating real food, and I'm not starving at all. Of course it's not easy, but having a team full of people to help me and keep me accountable has been a game-changer. This place has completely changed the way I think about food and health."

— Mike

"Their approach to weight loss and living healthy is like nothing I've ever seen, but exactly what I needed! Working with this team has absolutely changed my life."

— Stacie



**COURTNEY
YOUNGLOVE, M.D.**

FACOG, FOMA, diplomate
— American Board of
Obesity Medicine



**MARIBETH
ORR, D.O.**

FACOF, diplomate
— American Board
of Obesity Medicine



**ALEXANDRA LEE,
DNP, FNP-BC**



**MAREN OZIER,
FNP-C**



**ASHLEY WINBLAD,
DNP, FNP-BC**

CALL US TODAY TO SCHEDULE YOUR APPOINTMENT

OVERLAND PARK

14205 Metcalf Avenue
Overland Park, KS 66223
(913) 620-1616

LAWRENCE

1811 Wakarusa, Suite 101
Lawrence, KS 66047
(785) 424-4441

WANT TO LEARN MORE?

Visit us at www.HeartlandWeightLoss.com
In-network with most commercial insurance plans.

TREATING PATIENTS WITH DIGNITY AND EVIDENCE-BASED MEDICINE

The conventional approach to weight loss is flawed. Obesity is the only disease that the medical community treats using math and motivation — and it isn't working. Eat less, move more rarely works for anyone long-term. Science tells us that metabolic dysregulation is the problem. It's time to change the way we approach this problem.



SCHEDULE YOUR COMPREHENSIVE ASSESSMENT NOW

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Lawrence: (785) 424-4441
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At Heartland Weight Loss,
you will discover
something extremely rare in
today's weight-loss clinics:
customized programs designed
for you by physicians board-
certified in Obesity Medicine.

Our approach is different. As a
medically-supervised program, we
drive sustainable results utilizing
evidence-based medicine for adults
and adolescents.

SCIENCE SETS US APART

As part of Heartland Weight Loss' comprehensive approach, we help you reach optimal health and well-being by providing ongoing medical supervision based on your individual biometrics, goals, and health profile. We incorporate:

- ◆ Comprehensive individual intake to identify any weight-positive medications, nutritional patterns, physiologic conditions, and behaviors
- ◆ Routine and specialized laboratory tests to diagnose measure, and monitor metabolic health and wellness
- ◆ Monthly bioelectrical impedance analysis to measure and track changes in body composition
- ◆ Monitoring of vital signs
- ◆ Scientifically based nutrition therapy
- ◆ Supplements and anti-obesity medications when indicated
- ◆ Personalized health coaching



WORKING UPSTREAM

Obesity is a chronic, progressive disease that is influenced by a complex interaction of genetic, environmental, and behavioral factors. In the U.S., this devastating disease currently affects over 40% of adults and 20% of children — and these numbers keep rising. Studies show that the longer a person struggles with excess weight, the more difficult treatment is. Therefore, in addition to treating adults, we have expanded our services to help adolescents. This vulnerable population is constantly immersed in a weight-positive environment, yet until now, they have had few options for intervention and treatment. We are proud to offer evidence-based therapies in a supportive, relaxing, and nonjudgmental environment to adults and adolescents.



LESSONS FOR A LIFETIME

At Heartland Weight Loss, we will transform the way you think about food and eating. Research shows that over 90% of people who lose weight regain it. We know from our experience that being knowledgeable about nutrition and developing a healthy mindset are your biggest assets in long-term weight management.

Your licensed healthcare team will continually monitor your progress and underlying medical issues that may be affecting your weight, health, and well-being.

Your healthcare team will address and troubleshoot any challenges you are encountering to help you to develop a mindset for achieving sustained weight loss and overall well-being. Each visit, you will be exposed to new information to aid your journey.

