

Weigh Less, Live More



By:
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Struggling with your weight? You are not alone. Two out of three Americans are overweight or obese. If you have attempted to lose weight in the past, you may have seen minimal results, lost interest in your weight loss plan, or even achieved your weight loss goals only to regain the weight and then some.

St. Louis's Center for Excellence in Weight Management, Bon Santé®, is a medically supervised, evidence-based approach to sustainable weight management.

Bon Santé®, French for "good health", helps adults whose weight has compromised their health. At Bon Santé®, our approach to weight loss goes well beyond most weight loss programs. We strive for lifetime weight management, not just short-term weight loss.

Most dieters will try to rely on willpower and self-control alone to manage weight and fail. Bon Santé® successful weight management requires learning and practicing new skills, not just willpower. Weekly classes (by phone or in person) emphasize and set up ways for you to practice and track new lifestyle skills that will improve weight and health. Your Bon Santé® "good health" program is

based on research that shows these skills promote weight loss.

and follow-up that is critical to weight loss success.

Weighing Less Doesn't Mean Eating Less

Research supports that the weight or volume of food serves as a primary signal to the brain to stop eating, i.e. the brain appears to be particularly receptive to how FULL the stomach is when it comes to pushing away from the table. Therefore, the easiest approach to weighing less is to eat more (weight and volume) of lower calorie foods, i.e. foods that are higher in water and fiber and lower in fat.

Over 50 studies have concluded that meal replacements (portion-controlled, calorie-restricted, great tasting meals) produce significantly greater weight loss and weight-loss maintenance.

Bon Santé® has partnered with Health Resources (HMR) the nation's leading provider of meal replacements for medically supervised weight loss programs. The new HMR at Home program enables Bon Santé® to help you start losing weight right away using sound, proven weight loss principles, extra accountability combined with HMR's meal replacement products (the same foods that have helped dieters in HMR Programs nationwide lose an average of 30 - 60 pounds)

Weighing Less Means Living More!

If you are struggling with your weight, you may have noticed that you have less energy while trying to keep up with your children or grandchildren, or, that you lack joy or intimacy in your life. Perhaps your doctor has recommended weight loss.

Sometimes a health scare is the body's way of alerting us to the fact that we need to make a change.

You are not alone in your journey. We will be with you every step of the way.

Your Bon Santé® interdisciplinary team includes a dietitian, nurse practitioner, medical director (endocrinologist), behaviorist, and exercise specialist. We work with your primary care physician

to provide an individual dietary and lifestyle program that will promote weight loss and weight loss maintenance.

Bon Santé® staff collaborate with you to evaluate your progress, keep your program interesting, and continually work with, guide and support you.

Once you have achieved your initial weight loss goal, you will be well on your way to a lifetime of healthy living. But,

*Choosing Well?
Americans spend \$90 million annually on weight loss products. Yet, 82.5% of people who start a diet choose one that is virtually guaranteed to fail.*

(JAMA 2001 & Obesity Research 2005)

Women who are too busy caring for others to care for themselves are particularly susceptible to weight gain.

Perception- Reality Gap

Three out of four Americans say they have "healthy eating habits" and 87% believe that diet is essential to good health, but data show that the top five sources of calories in the American diet are: 1) Sugar Soft Drinks 2) Sweets (pastries, cookies, etc.) 3) Burgers 4) Pizza 5) Chips. Fruits and vegetables make up only 10% of calories so where are the "healthy eating habits"? (J Food Comp Anal 2004)

what does it mean to maintain a healthy weight?

Maintenance means:

- Never buying a bigger size because your current size is too tight.
- Knowing there isn't an activity you can't do or a place you can't go simply because of your weight.
- Having the confidence of a person who is in charge of her eating habits.

Not only do you learn the tools to reach your weight loss goals, but **Bon Santé®** educates and trains you on how to maintain your success. Increased activity, stress management, and changes in food choices are treated with a life-long focus.

Bon Santé® is not: a fad

diet, a theory, a wonder pill, or a quick fix.

Bon Santé® is: a commitment to yourself to weigh less, live more.

With time and effort, you will see results - results to last a lifetime.

Why do people fail to lose weight? They fail to begin!

Take the first step toward weight loss success: call Bon Santé® at (314)540-1842 today to schedule a free consultation OR attend one of Bon Santé's® FREE introductory sessions on Wednesdays at 7:15 PM or Fridays at 12 noon to learn more about our programs. For more information, visit www.bonsanteonline.com. We are conveniently located at 12700 Southfork Rd., Suite 255, St. Louis, MO 63128.

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CENTER FOR EXCELLENCE IN WEIGHT MANAGEMENT.

Bon Santé®, LLC founder & owner, Kathy Thames, holds a master's degree in Clinical Nutrition, is a registered dietitian & a licensed dietitian in the state of Missouri. She has worked in the area of dietetics and wellness for over 20 years. Her expertise and effectiveness in nutrition and weight management therapy, combined with her passion to help her clients succeed has earned her recognition in the St. Louis community.

Mention this article and receive 20% off on a metabolism measurement. Call Bon Santé® at (314)540-1842.