INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

# INTEGRATIVE MEDICINE

5620 WILBUR AVE., SUITE 220 TARZANA, CALIFORNIA 91356 PHONE: 818.345.2828 FAX: 818.345.2848

MICHAEL HIRT, M.D., A.P.C.

DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE DIPLOMATE AMERICAN BOARD OF NUTRITION

# Lean-on-Me ...For Healthy Weight

### WHAT IT IS:

 A probiotic that supports Healthy Weight Management and reduction in Body Fat Mass

# WHY YOU NEED IT:

- Great for patients looking to help cut calorie intake
- Important for patients wanting to reduce Body Fat Mass
- Targets patients wanting to support healthy weight management
- Promotes Gut Barrier Function for 'Leaky Gut' support

# **HOW IT HELPS:**

A healthy gut does not just feel good, but science is proving that it is necessary for overall health and wellness. When your gut is working as designed, it is filled with some six pounds of beneficial bacteria.

There are more bacteria in your gut than there are cells in your body.

But antibiotic prescriptions and antibiotics in our food supply both drastically reduce the number and healthy nature of your gut bacterial balance. This can leave you and your gut in an unhealthy state.

Turns out, you need these healthy gut bacteria as much as they need you. While you are providing a nurturing home for these trillions of critters, they in turn are doing you a bunch of favors, too, like boosting your immune system and helping you digest your food.

And healthy gut bacteria can do even more for you. Recent clinical studies have identified certain strains of intestinal bacteria that can help support healthy weight management and the reduction of body fat mass.

It turns out that some patients who are overweight may not have enough of these strains of bacteria in their gut.

When scientists give these bacteria as probiotic supplements to overweight patients, improvements in weight, body mass, and calorie intake are seen as compared with patients taking a placebo.

Lean-on-Me is a special probiotic that contains the proper dose of the specific bacteria that was successfully used in many of the weight loss clinical trials.

So, if you are trying to lose weight: clean up your diet, find your exercise shoes, and take Lean-on-Me twice daily with meals. Your belly with thank you in more ways than one!