MIC-ULTRA WEIGHT LOSS PROGRAM

Welcome to the MIC-Ultra Weight Loss Program at Armour Family Medicine. This program includes the MIC-Ultra weekly injection, regular exercise and a low carbohydrate, small portion diet to promote weight loss. Used together, most individual should experience regular weight loss and increased energy.

In your packet you will find an informational sheet on the MIC-Ultra injection describing what it contains and how it works to promote increased energy and weight loss in a safe manner. These injections are recommended to be used on a weekly basis for three months and then can be taken monthly to help encourage weight loss along with a healthy diet and exercise plan.

It is absolutely necessary that a healthy, low carbohydrate diet and regular exercise be used with the MIC-Ultra injections to assist in weight loss!

If you are not already a patient at Armour Family Medicine, a brief medical history will be obtained and reviewed to ensure you is in good enough health to begin the program.

The MIC-Ultra is $20/injection and is cash only please.
I have researched this product for several months, and the more I looked into it the better it sounded. Searching for an all-natural way to help boost patient metabolism and help with weight loss- this should go along with diet and exercise to have optimal results. It has been used for several years by those who knew about it, but the proportional formula has been kept quite guarded. We are now making it available to our patients and the community at large. I feel this will give the boost patients need to get started losing weight by increasing their energy level. Everything I have read says there is an optimal 5 pound weight loss a month. Think about that ..... That's 60 pounds a year!!

What Is MC-Ultra?

This is a proportional blend of several ingredients, each of which help with energy levels and weight loss form a different angle. Each of the ingredients has a long track record of safety. By combining the ingredients in this proportional manner, you receive a synergy of the benefits of each.

What are the ingredients and what does each do?

Methionine - is a naturally occurring amino acid which acts as a lipotropic agent to speed up removal of fat within the liver and to prevent excess fat buildup in the body. Methionine also helps prevent or relieve fatigue and aids in prevention of skin and nail problems. Moreover, the amino aid methionine is also a great antioxidant as the sulfur it supplies inactivates free radicals. Studies seem to show benefits for patients with depression, arthritis., and chronic liver disease (although these claims are still under investigation). Some studies have also indicated that methionine might improve memory recall. Other reported benefits of ^methionine include improvement of skin tone, skin elasticity, nails, and hair, as well as improvement of cardiovascular and muscular functions through its role in the production of creatine. It has also been studied in relation to chronic depression, pancreatitis, and Parkinson's disease.

Inositol - is part of the vitamin B complex. As a mild lipotropic agent, it aids in weight loss and the redistribution of body fat by breaking down or emulsifying fats in the body. Inositol is also vital for hair growth, and, as a component of lecithin, helps to prevent high cholesterol and the hardening of the arteries caused by cholesterol buildup. It has also been said to have a calming effect on the nervous system, and is being studied as a possible treatment for depression, panic attacks, and even Alzheimer's disease.

Choline - - is also part of the vitamin B family. It aids the utilization of fats in the body and supports weight loss. Choline assists in the emulsifying of fats and cholesterol in the body by helping to form smaller fat globules in the blood and aiding the transport of fats through smaller channels out of the cells. It also helps with general body detoxification by "decongestion" the liver of excess fats. Choline is also helpful for fatigue because when choline is depleted in the body, fat metabolism and utilization may be decreased. Choline is currently being studied as a natural treatment for NASH and Fatty Liver.

Adenosine - is the major building block of the Energy Molecule ATP. Has been shown to optimize energy levels and is showing very promising results in the treatment of Fibromyalgia.
L-Carnitine - is a combination of the natural amino acids lysine and methionine. It allows fat to be transported into the mitochondria for energy and may promote weight loss by improving fat metabolism.

B-12 - has been known to boost energy for years. In my experience, patients benefit even if they are not deficient in B-12. The B-12 in the MIC Ultra injection also activates the other ingredients and their fat reduction properties.

*Can I take the infection along with other weight loss medicines?*

Yes. Most people find that MIC-Ultra injections along with a sensible diet and regular exercise are all they need to achieve maximal weight loss and energy levels. However, if you are looking to turbo-charge your weight loss, it is safe for use with any of the other weight loss medications.

*Are there any side effects?*

No serious side effects have been reported. Tingling or a slight burn at the injection site is sometimes reported. Patients often describe this sensation as feeling the shot starting to work. As with any injection, there is a tiny chance of bleeding or infection at the injection site. Some people report slightly cloudy thinking for a few days as the brain is cleared of chronic toxins.

*How often should I get an injection and for how long should I continue them?*

MIC-Ultra injections are given weekly. Receiving them any more often will not increase your results. Most authorities recommend a 3 month course of injections for optimal results. It is completely safe to continue the injections as long as benefits continue.

*Does my medical condition prevent me from taking the MIC-Ultra injection?*

MIC-Ultra injections are safe in virtually all medical conditions. [They can also help most chronic conditions such as High Blood Pressure, Diabetes, High Cholesterol, Heart Failure, Fibromyalgia, Chronic Fatigue, Obesity, NASH, Fatty liver, etc.

*Am I too old or young to MIC-Ultra injections?*

Being as safe as or safer than most prescription medications, MIG-Ultra injections are safe at virtually any age. The injections available to any one age 15 to 110!

*What is the cost of the injections?*

We have purchased the MIC-Ultra injections in such volume that we can offer them for the price of $20 injection/week. No extra costs of co-pays are added. Insurance is not filed.

We are currently offering MIC-Ultra Injections in Brighton, IN at Armour Family Medicine PLLC. Call or come by for yours. You will not need an appointment.
How Much Exercise Is Enough?

By Barbara Robb, MA
Medically reviewed by Pat F. Bass III, MD, MPH

Before you make a decision on how much exercise you need, you should have a good idea of your exercise goal or goals: Are you exercising for physical fitness, weight control, or as a way of keeping your stress levels low?

Exercise: How Much You Need

"How much exercise is enough/or what?" asks David Bassett, Jr., PhD, a professor in the department of exercise, sport, and leisure studies at the University of Tennessee in Knoxville.

For general health benefits, a routine of daily walking may be sufficient, says Susan Joy, MD, director of the Women's Sports Health Program at the Cleveland Clinic.

If your goal is more specific—say, to lower your blood pressure, improve your cardiovascular fitness, or lose weight—you'll need either more exercise or a higher intensity of exercise; So figure out your goals first, and then determine what type of exercise will help you meet them and how much of that particular exercise you'll need to do.

Current Exercise Guidelines for Americans

According to the U.S. Centers for Disease Control and Prevention, everyone needs two types of physical activity each week: aerobicics and muscle-strengthening activities. Aerobic activity involves repetitive use of the large muscles to temporarily increase heart rate and respiration. When repeated regularly, aerobic activity improves cardio-respiratory fitness. Running, brisk walking, swimming, and cycling are all forms of aerobic activity.

Muscle-strengthening activities are designed to work one or more muscle groups. All of the major muscle groups—legs, hips, back, abdomen, chest, shoulders, and arms—should be worked on two or more days each week. Lifting weights, working with resistance bands, and doing pushups are all forms of muscle-strengthening activities.

Adults need at least 150 minutes of moderate-intensity physical activity each week, in addition to muscle-strengthening activities. If activity is more vigorous in intensity, 75 minutes a week may be enough. For even greater health benefits, though, more activity is better: 300 minutes of moderate-intensity activity or 150 minutes of vigorous-intensity activity, or a mix of the two.

It's best to be active throughout the week, rather than concentrating all of you physical activity in one day. That means 30 to 60 minutes of exercise, five days a week. You can break it up into even smaller chunks: three brief periods of physical activity a day, for example. In order for it to be effective in improving health and fitness, you need to be sure to sustain the activity for at least 10 minutes at a time.

Exercise: What's You Need to Lose or Maintain Weight

A combination of dieting and exercise is more effective for weight loss than dieting alone. To lose weight, 60 minutes of moderate to vigorous intensity physical activity on most days is recommended. Physical activity is also important to maintain weight loss. Moderate intensity physical activity for 60 to 90 minutes on most days will help maintain weight loss. Of course, a healthful, low-calorie diet is also important in both losing and maintaining weight. The amount of exercise you need for weight loss or weight control depends on what you eat, as well as on the type of exercise you choose.

Know what you want to achieve, and you can answer the question: How much exercise is enough?