

An entirely **NEW**  
approach to weight loss

## Physician Coached Weight Loss

"After listening to hundreds of my patients tell me about being frustrated about losing weight, and keeping it off, I decided to develop the Kindred Spirits Weight Loss Program at Lakeside. This program offers a very unique approach to achieving weight loss that begins with my personal commitment to coach the patient every step of the way. I have struggled most of my adult life with being overweight and am very familiar with the majority of programs out there. Many of these offer positive benefits but I felt a more one-on-one approach that involved a lot of support and encouragement from a physician was needed. My program is based on safe weight loss, fun, reward, kindness and common sense."

Ginny Vaughan, M.D.  
Board Certified, OB/GYN



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## Kindred Spirits Medical Weight Loss Program at Lakeside



# The Focus is Health

No weight loss program would be complete without a genuine concern for the patient's health. Kindred Spirits is a program that is led by physician Ginny Vaughan, M.D. Dr. Vaughan, an OB/GYN, has received training by the American Society of Bariatric Physicians to offer patients a healthy way to lose weight and a change in attitude regarding, nutrition, exercise and self-image. Dr. Vaughan is committed to a continuance of education in this area.



## Keeping it Safe

Every patient begins the Kindred Spirits program with blood work and a physical. If appetite suppressants are prescribed, an electrocardiogram may be performed on the patient. The patient's health and safety are always my biggest concerns.

## There is No Magic

I have learned that there is no magic when it comes to weight loss. I feel my job is to support the patient as their physician and encourage them to enjoy food (real food) and not deprive themselves from a sensible diet that satisfies their appetite.

## A Philosophy of Self Love

Permanent weight loss requires that you view food as to what it is relative to your body's good health. Your body does not want greasy hamburgers and sodium packed processed foods. The process of rethinking the way you eat using **self-love for body** is essential to a successful weight loss program. This philosophy will not only help you lose weight but will help you be healthier, more energetic, and have a more positive attitude.

## Rewards and Celebration

I am a big believer in reward for achievement. I give each of my patients a small surprise each time they lose 10 pounds. I enjoy seeing them smile as we celebrate their victories together.

## Exercising with Fun and Convenience

I absolutely believe in exercise as part of any healthy weight loss program. Also, even small amounts of exercise have wonderful heart benefits. I want my patients to select an exercise that they enjoy so they will continue it all of their lives.

## Setting My Own Personal "Image" Goal

My philosophy regarding the setting of goals is not to set them too big. I have found that when patients set lofty weight loss goals, they become discouraged and are more likely to fail. I recommend setting smaller goals like 10 pounds at a time. I am more concerned with the patient having a feeling of victory that translates to success for a lifetime.

