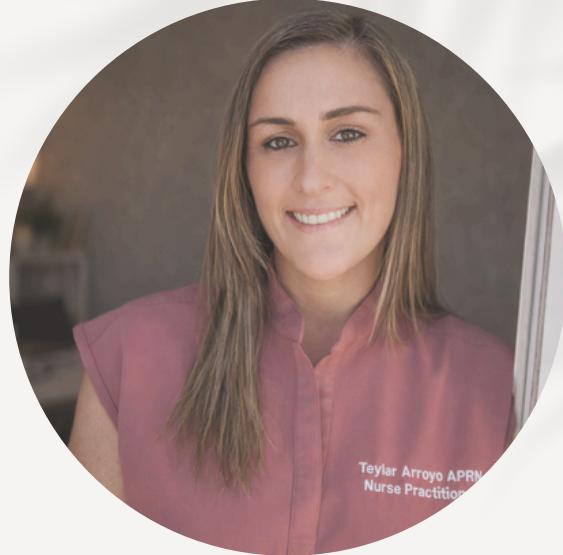


# Hey there, nice to meet you...

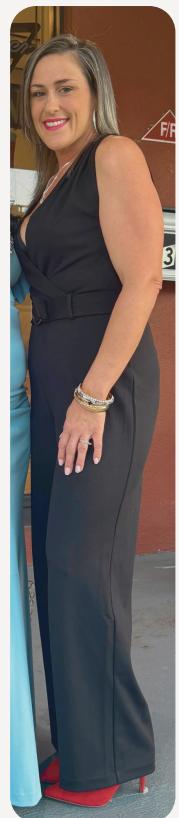


# Hello!

I'm so glad you're here and ready to invest in yourself!

A bit about me: I'm a Board-Certified Nurse Practitioner with 15 years in healthcare — I started in the hospital at 20. For nearly four years I've focused on lifestyle medicine, caring for dozens (if not hundreds) of clients, including GLP-1 management and side-effect care. My background in gastroenterology gave me a strong clinical foundation to identify root causes of obesity and other chronic conditions. I'm passionate about helping patients make lasting change through small, sustainable steps.

2025



2021



# Teylar Arroyo aprn

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My own wellness Journey Started in 2021 - 100lbs lost in total  
Results are from a combination of consistency, low dose medications, supplements and exercise.

However the most success came from modifying nutrition and lifestyle factors that contribute to obesity, inflammation and metabolic disease.

This is all part of my program.



## Is this program right for me?

Information Guide to Our Medical Weight Loss Program

Optimum Wellness + Health

# What are the *biggest* factors that impact weight + wellness?



## METABOLIC DYSFUNCTION

Metabolic dysfunction is triggered by hormone changes and lifestyle factors. It is recognized by weight gain, increase in belly fat, high blood pressure, insulin resistance, inability to lose weight, and pre diabetes/diabetes.



## SYSTEMIC INFLAMMATION

Inflammation in the body is responsible for symptoms like joint pain, fatigue, depression, and many more. Unchecked systemic inflammation leads to autoimmune disease and chronic diseases including high cholesterol, diabetes, and heart disease. Inflammation also has a profound impact on weight loss.



## HORMONE IMBALANCES

When hormones are out of balance, weight loss can become more difficult, belly fat can increase, metabolic rate can slow down, and a loss of muscle mass can occur. This is why a holistic approach to weight loss is the most successful approach for long term physical and metabolic health.



## STRESS

Stress and how we perceive stress has a major impact on our hormones, inflammation, and our body's ability to let go of excess weight. Stress management is one of the most important therapies to hormone optimization and weight loss. Stress can worsen insulin resistance, increase cortisol production, and even lead to weight gain.

# What are the most commonly prescribed medications for weight loss?



## Semaglutide

Semaglutide works by mimicking the effects of insulin. This increases satiety and reduces appetite. Semaglutide is a peptide that functions as a GLP-1 receptor agonist and acts on ghrelin receptors in the brain. Ghrelin is the hormone responsible for making us feel hungry when other hormones like leptin are not blocking it. Since Semaglutide blocks ghrelin, you feel less hungry throughout the day. Further, a typical meal takes 60–90 minutes to pass through the stomach. With Semaglutide, a meal can remain in the stomach for up to 7 hours with ongoing gastric stretch and sensation of fullness.



## Tirzepatide

Tirzepatide is a similar medication to semaglutide, but is the first dual GIP/GLP-1 receptor co-agonist and has been found in studies to be even more effective with regards to weight loss and glycemic control. It is therefore typically more expensive.



## B12

Vitamin B12 is not technically a weight loss medication, but it does help the body convert food into glucose, thereby supplying it with the energy it needs to do basic bodily functions. Therefore, we sometimes use it as an adjunct to our weight loss programs. A deficiency of B12, however, often signals the body to slow metabolism so that fat stores can be maintained and energy conserved, with a potential result oftentimes being weight gain. Restoring adequate levels of B12 to a person with a B12 deficiency necessarily jumpstarts metabolism, which can precipitate weight loss as the body returns to normal functioning.

Preferred medications are FDA Approved Zepbound (mounjaro) and Wegovy (ozempic). Some patients can qualify for compounded versions that are mixed with vitamins and amino acids to address symptoms. Compounded medications are sometimes more cost effective and offer more flexible dosing, but are not FDA approved.

Pillars to decrease inflammation and maintain blood sugar balance; the **keys** to optimal health and weight loss. With holistic care and our medically supervised weight loss programs, we can help you reach your optimal health goals and body composition.

- Every meal should include at least 20g of protein, a healthy fat, and complex carbs from whole grain or veggie sources
- Avoid inflammatory oils and saturated fats; focus on olive oil, avocado oil, and nuts & seeds
- Decrease and manage the symptoms of stress! Stress increases our blood sugar, triggers insulin resistance, and leads to weight gain
- Remove hormone disrupting chemicals from your environment as much as possible; this includes plastics, teflon cookware, personal care products
- Avoid or limit processed foods and alcohol as much as possible; as much of a bummer it can be, it is imperative for you to feel your best
- Don't jump on trends! Not diet trends, loads of supplements, or wild workouts. Consistency and a less is more approach, with medical supervision, is not only going to be less stressful, it is most effective for long term health and wellness.



## Potent Anti-Inflammatory Foods

These foods can actually combat inflammation and promote weight loss.

### Turmeric

Use as a spice in different dishes or make a golden latte with turmeric and milk of choice

### Fatty Fish & Olive Oil

Foods rich in Omega 3 fatty acids are naturally anti-inflammatory and can improve metabolic health

### Antioxidant rich fruits & vegetables

Blueberries, cherries, peppers, spinach, kale, avocado, walnuts, broccoli

## What About My Coffee?

Results in multiple studies show that coffee consumption produces an increase in the metabolic activity and numbers of *Bifidobacterium*, one of the most active health-promoting bacteria in the gut. They also suggest drinking coffee leads to a more diverse bacterial microbiome in long term drinkers and diversity is a key component of a healthy gut. And a healthy gut is the key to healthy hormones and efficient immune system regulation. If you have significant anxiety, limiting your caffeine intake can be very beneficial. Just be mindful of the caloric intake of what you're adding to your coffee as this can impact your weight loss goals.

*"The most important thing you can do for healthy aging is to balance your blood sugar and keep your insulin levels low and your cells insulin-sensitive, which means eating a low-sugar, low-starch diet with plenty of good-quality fats and protein, and a boatload of phytochemical- and fiber-rich fruits and vegetables."*

— Mark Hyman, *Young Forever: The Secrets to Living Your Longest, Healthiest Life*

Considering that GLP and GIPs work directly with the gastrointestinal system, it is no surprise that the most common side effects are gastrointestinal in nature. Some of the most common side effects experienced by those who use semaglutide for weight loss include nausea, heartburn, and constipation. Even though there are some side effects, it is still extremely safe to use for weight loss.

In fact, it has fewer side effects than other weight loss medications available on the market. While side effects from GLP1s are minimal with the right dosing, they can still happen. Your comfort is important to us, which is why with the our programs, we prescribe oral Zofran which can help with nausea.

Even if you don't feel you need it, we recommend you have Zofran on standby in case you do experience any side effects. Our customized programs also helps control side effects. We start you out at a low dosage and slowly increase it over time. If you so experience side effects, we can adjust the dosing as needed.



## What are the benefits of using GLP-1 medications for weight loss?

Semaglutide injections are an effective new treatment option for people looking to lose or maintain a healthy weight without extreme dieting or exercise. It is a once-a-week injection that easily fits into a busy schedule. The benefits are two-fold: reduce hunger pangs and lose weight faster when combined with a low-calorie diet. Keep in mind that you must still put in the work to reap optimal results from Semaglutide. We offer support with our customized programs for optimal metabolic health.



## What are the results like?

Weight loss with these medications is a long-term solution. It takes hard work, discipline, and patience to lose weight—and this is no exception. Do not expect the weight to melt away but instead think about what lifestyle changes you need to implement to feel your best. Medication is just one tool that can help you on your journey toward a healthier mind and body. You can see phenomenal results if you are willing to put in the effort. On average, our patients experience losing 15% of their body weight. Some patients with persistent choices of healthier foods, ongoing appetite suppression, and regular physical activity have gone on to lose much more.

*The decision to take medications for weight loss is one that should be reached through accurate and up to date information, personal preference, and an assessment of your risk vs benefits of doing so that can be determined by your healthcare provider. If a doctor tells you they don't "believe" in weight loss medications, it's time to find a new one. It's not a religion, it is a medical therapy prescribed for disease prevention and quality of life. – Teylar Arroyo MSN, APRN, AGACNP-BC*

# Our Program Highlights



## MEDICAL + HEALTH COACHING

We conduct a comprehensive medical consult and lab review prior to starting any program. All programs include access to Teylar Arroyo, a board certified nurse practitioner trained GI and Metabolic health/GLP1 management. She also coaches and leads patients through nutrition, lifestyle, behavior changes, medication, symptom management and more.

## LIFESTYLE + NUTRITION

Our metabolic reset program includes 12 weeks of delivered content and over 100 pages of dietitian and provider created content. Our premium and ultimate packages include access to LivingPlateRX which is a comprehensive platform for nutrition guidance and meal planning. We will provide calorie-macro recommendations. We will review foods that may be causing metabolic issues and inflammation.



## MEDICATION + SUPPLEMENTS

If deemed medically appropriate, we can provide a prescription to help aid your weight reduction efforts and help with appetite control. There are a variety of option based on patients current health status, goals and budget. The best option for you is discussed during a comprehensive consult and lab work review with Teylar Arroyo NP.

## HIPPA COMPLIANT WELLNESS APP

We use the wellness app Healthie. This is a one-stop-shop for all the program materials, metric tracking, provider visits, communication and payments. This app aids patients in keeping health and program information organized and accessible throughout their wellness journey.



Our virtual + on-demand program is perfect for busy professionals finally looking to make the change without having to leave the office.

Trust Us. Trust yourself.

# 8

## REASONS TO CONSIDER A MEDICALLY SUPERVISED WEIGHT LOSS PROGRAM

1

**Safety:** Medically supervised weight loss programs prioritize your safety above all else. Trained medical professionals closely monitor your progress, ensuring that the weight loss methods and strategies used are safe and appropriate for your specific health needs and conditions.

2

**Personalized Approach:** Medical supervision allows for a tailored approach to weight loss. Healthcare providers consider your unique medical history, current medications, and any underlying health conditions, designing a program that aligns with your individual needs and minimizes potential risks.

3

**Comprehensive Evaluation:** Medical supervision involves a thorough evaluation of your overall health, including assessments of body composition, metabolic rate, hormone levels, and potential underlying factors contributing to weight gain. This comprehensive evaluation helps identify any potential barriers to weight loss and allows for targeted interventions.

4

**Professional Guidance:** With medical supervision, you benefit from the expertise and guidance of healthcare professionals who specialize in weight management. They provide evidence-based strategies, nutritional advice, exercise recommendations, and behavioral counseling to ensure you make informed decisions and maintain a healthy approach to weight loss.

5

**Monitoring and Adjustments:** Regular check-ins with medical professionals allow for ongoing monitoring of your progress. They can make necessary adjustments to your program based on your body's response, ensuring that you continue to progress safely and effectively towards your weight loss goals.

6

**Addressing Underlying Health Conditions:** Medical supervision is particularly important for individuals with underlying health conditions that may affect their weight loss journey. Healthcare professionals can identify and address these conditions, such as hormonal imbalances, thyroid disorders, or metabolic syndrome, to optimize weight loss outcomes.

7

**Medication Management:** In some cases, medication may be prescribed to assist with weight loss. Medical supervision ensures that these medications are administered safely, with close monitoring of potential side effects and interactions with other medications you may be taking.

8

**Long-Term Success:** Medically supervised weight loss programs prioritize sustainable lifestyle changes rather than quick fixes. Healthcare professionals provide ongoing support, education, and behavioral counseling to help you develop healthier habits that can be maintained in the long run. This comprehensive approach increases the likelihood of long-term success in achieving and maintaining a healthy weight.

“

"Setting goals is the first step in turning the invisible into the visible."  
—*Tony Robbins, American author, and speaker*





Taking medications alone will not yield in substantial weight loss, therefore your program must include an integration of behavioral modification, exercise, and caloric restriction to achieve success. With our tailored programs and support, reaching your goals is realistic and enjoyable.

Optimum Wellness + Health offers medical evaluation, comprehensive programs, and prescription medications to take your weight loss to the next level. With knowledge, guidance, and a holistic approach, weight loss does not have to be an unpleasant experience, but instead a time of personal growth, attention, and increased vitality. It is our passion that our clients are well informed and empowered during their wellness journey and can rely on accurate information from medical experts in the field of metabolic health.

Thank you for trusting us! We hope you found this information valuable and it empowers you to make the changes necessary to thrive in your weight loss journey. Make an appointment today to get started and let us partner with you in meeting your health goals!

Optimum Wellness + Health  
optimumwh.com 772.206.2028  
An Intimate Wellness Experience

### Medical Disclaimer

*Yes, I'm a Nurse Practitioner, but I am not evaluating you in person, do not have your full medical history, and am unable to comprehensively provide adequate medical decision-making on an individual basis. As such, the information I have shared in this document does not replace medical advice from your personal health care provider.*

let's be friends. find us on social! Click the google link to see our reviews!



Scheduling Link for a free call



[OPTIMUMWH.COM](http://OPTIMUMWH.COM)

# Steps to Wellness Success – Pricing

## 1<sup>st</sup> Step | The Intake or The Intake + Labs

**\$199** | The Intake only | Labs via insurance subject to copay and coverage

**\$299** | The Intake + Basic Wellness Panel via Quest (no insurance, no surprise bills)

**\$399** | The Intake Advanced Wellness + Hormone Panel via Quest (no insurance, no surprise bills)

**\$449** | The Intake All In Wellness + Hormones + Functional via Quest (no insurance, no surprise bills)

All Intake Packages include a credit of **\$150.00** to apply to any package purchased within 21 days of Zoom Consultation.

## 2<sup>nd</sup> Step | Pick Your Wellness Package

### Metabolic Reset Compound | Semaglutide (most economic)

**Start:** \$250/month, initial 3 month commitment required, 1 payment of \$750

**Month 4+** \$299 a month up to 1.5mg dose  
Pricing All Inclusive

### Metabolic Reset | Compound Tirzepatide (most popular)

**Start:** \$425 or \$400/month, 2 or 3 month commitment, 1 payment of \$850 or \$1200.

**Month 4+** \$449 a month up to 12mg dose  
Pricing All Inclusive

### Metabolic Reset | Zepbound or Wegovy (FDA Approved)

**Start:** \$250/Month, 3 month commitment, 1 payment \$750

**Month 4+,** 149 a month wellness membership  
Medications purchased at pharmacy, \$150-\$449 per month  
Price at pharmacy depends on product and dose

### Peri-Menopause Reset | Hormone replacement therapy

**Start:** \$250/month, initial 3 month commitment required, 1 payment of 750.

**Month 4+** \$149 a month  
Medication purchased from local pharmacy

### Metabolic + Peri-Menopause Reset

Price depends on package desired

### Men's Rejuvenation | testosterone replacement | Space Limited

\$299 one time payment, then \$179 a month there after

### Discounts available for active patients

\$25 credit (one time each) Google or Facebook Review,  
50\$ Referral Credit for if another client purchases any 2 or 3 month package.

[OPTIMUMWH.COM](http://OPTIMUMWH.COM)



Pricing subject to change at anytime

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