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MEDICAL WEIGHT LOSS PATIENT RESOURCES

- Vitamins and Supplements can be purchased:
 - At our office
 - Online at:
 - Diabetesmgtassociates.com---choose SHOP
 - Diabetesmgtassociates.gethealthy.store
 - Life Extension
 - Athletic Greens
 - <https://fbuy.io/ag/juliewood>
- My fitness pal app
 - Free weight loss and fitness app to find content of foods and restaurants
- Fooducate app
 - Healthy diet toolbox
- I health app
 - Health and fitness app that allows you to automatically track and manage key health vitals
- Life extension
 - Lifeextension.com
 - Quality vitamins and supplements
 - wellness specialists (phone or chat) to help personalize vitamins
- Environmental Working Group
 - Ewg.org
 - An American Activist group that specializes in research of agriculture, chemicals and water pollutants.
- The Institute for Functional Medicine
 - functionalmedicine.org
- National Diabetes Information Clearinghouse
 - Niddk.nih.gov/health-information/diabetes/types/prediabetes-insulin-resistance
- Myhealthywaist.org
 - The most comprehensive educational website on the relationship between obesity, type 2 diabetes and cardiovascular disease
- Calorie needs calculator
 - Mayoclinic.com/health/calorie-calculator/NU00598
- Evidence Based Resources for Supplements
 - National Center for Complementary and Integrative Health (NCCIH)
 - nccih.nih.gov
 - Medline Plus
 - Medlineplus.gov
- Supplement Quality
 - Consumerlabs.com
 - Naturaldatabase.com