

from the desk of
Leslie Axelrod, ND, L.Ac.

Dear Patient,

As you know excess weight is a significant health risk. In my continual search for providing my patient's the best in health care, I have recently been trained and certified in a program that has the most effective and healthy solution to the excess weight problem. I am very excited and will share more with you about this today. However, first I need some information that will assist me in helping you.

Please answer the below questions thoroughly, as the information is very important.

1. What do you estimate your present weight to be? _____

2. What has been your lowest weight since age 18? _____

3. At what age did you begin to gain weight after age 18? _____

4. Was there an apparent reason for your weight gain. _____

5. What has been your highest weight since age 18? _____

6. How motivated are you to lose your excess weight and maintain that weight loss for the rest of your life?
Rate on a scale of 0 -3, with 0 = None, and 3 = Very. _____

7. There are many reasons why people want to lose weight, from vanity, to fear of dying from a heart attack. Any and all are valid. What are the key reasons you have to lose weight? _____

Thank you very much for your time and thoughtfulness. I will discuss the above information with you, as well as what the ideal healthy weight is for your height, and the options we have for assisting you in reaching your ideal weight.

Leslie Axelrod, ND, L.Ac.