

Orange County's *Best*



St. Jude Medical Center

50th anniversary

Muckenthaler Cultural Center Exhibit
Iconic Women of the 20th Century

The Emergence of Women

Top Docs

Of Orange County

St Regis Resort

Monarch Beach

STEVE CHEN, MD

Valens Medical Weight Lifestyle Solution

Founded in 2007, Valens is a medical weight management office operated by board — certified physicians. Focusing on weight loss, nutrition, athletic body management and medical conditions stemming from obesity, Valens' nationally-recognized doctors use body composition and general health to prescribe a customized weight management program perfectly suited for each individual's metabolic make-up. Using medical history, body composition, blood analysis and an array of other factors, Valens physicians customize individual weight management programs that are adjusted as each new goal is reached.

Utilizing psychology, nutrition, exercise and, in some cases, medications, Valens physicians meet weekly with patients in a one-on-one session at their welcoming offices in Irvine, California. Patients lose weight, learn to manage proper eating habits, deal with psychological ties to food, develop necessary fitness routines and learn how to manage weight-related medical conditions such as diabetes, heart disease and more. Valens is not just a weight loss center, but instead a weight lifestyle solution. Valens doctors educate each patient to revolutionize their nutrition choices to manage a healthy body composition for a lifetime.

All Valens' physicians are board-certified in internal medicine and are also accredited by the American Board of Physician Nutrition. There are only approximately 300 physician certified nutrition specialists (PNS) nationwide and only 40 in the state of California. The highly competitive and prestigious board requires an extensive nutrition training program in addition to categorical residency training. A PNS must master a defined core of knowledge and completion of a period of mentored clinical nutrition experience.

Valens Wellness offers customized weight management programs for a variety of weight lifestyle profiles. The Valens Value promises each program will include a detailed medical history evaluation; body composition and metabolic rate analysis; weight management goal settings; weekly consultations with your physician and dietitian; lab procedures; attendance at lectures on health-related weight issues, exercise, and psychosocial topics; comprehensive blood tests; blood pressure check; and body composition analysis.

VALENS MEDICAL PROGRAMS

Level I Rapid Lean: This is the most aggressive program Valens has to offer. It is targeted to men or women diagnosed as obese or



morbidly obese with a BMI above 30 with weight-related medical issues. Patients are prescribed a very low-calorie diet based on balanced nutrition portions.

Designed to achieve maximum weight loss while preserving lean muscle mass, patients typically lost 3-5 pounds per week.

Monthly Program Price: \$11 per day (not including food costs); 10-Week Program Price: \$23 per day (including food costs)

Level II Fit Weight: This program is intended for those moderately overweight with a BMI of 25-30 and a family history of obesity and a gradual weight gain over the years. Using a low-calorie diet based on partial use of meal replacements and one dietitian designed balanced meal, Level II aims for loss rates of 1-3 pounds per week.


Monthly Program Price: \$11 per day (not including food costs); 10-Week Program Price: \$19 per day (including food costs).

Level III Tonal Lean: Specifically designed for patients with normal weight but with a high percentage of body fat and low lean muscle weights.

Called the hidden killer, the condition known as Sarcopenic fat ("skinny fat"), is especially dangerous as the patient often appears thin and "in shape"; however, the risk factors typically associated with obese individuals are just as prevalent with Sarcopenic patients. The program focuses on creating muscle mass using a protein-enriched diet, nutritional supplements, amino acids and strength-training exercise.

Monthly Program Price: \$11 per day (not including food costs); 10-Week Program Price: \$19 per day (including food costs).

Level IV Wellness Management: Once a patient achieves the goals set in the Level I, II, III programs, they graduate to Level IV. Considered perhaps one of the most important programs, the wellness management program focuses on maintaining healthy weight for life. The on-going practice of weight maintenance programs is critical to long-term success. Patients that continue with Level IV are statistically proven to maintain results for life.

Monthly Program Price: \$7 per day (not including food costs); 10-Week Program Price: \$13 per day (including food costs). 

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