

VALENS MEDICAL OFFERS COMPLIMENTARY WEIGHT MANAGEMENT  
SEMINARS TO OC RESIDENTS

IRVINE, CALIF. – Valens Medical, the nation’s first medical weight loss practice operated exclusively by certified physician nutrition specialists, offers complimentary nutrition and weight management seminars to local area residents. Valens Medical physicians offer a unique custom approach to weight loss.

The hour-long seminars are held Saturdays at 2pm at Valens Medical Center at:

18006 Skypark Circle  
Suite 110  
Irvine, CA 92614

Topics include:

**February 2, 2008**

Green Tea: Truth and Myths

**February 9, 2008**

The Dangers of Fatty Liver Disease

**February 16, 2008**

Cancer and Obesity

**February 23, 2008**

The Benefits of Weight Training

**March 1, 2008**

The Metabolism of Obesity

**March 8, 2008**

DM understanding the risks

**March 15, 2008**

All about multivitamins

**March 22, 2008**

Oh Soy!

**March, 29, 2008**

Understanding Carbs

**April 5, 2008**

Nutrition and cardiovascular disease

**April 12, 2008**

PMS, nutritional implications

**April 19, 2008**

Nutrition and irritable bowel syndrome

-- More --

**April 26, 2008**

Thyroid hormone in health and disease

**May 3, 2008**

Nutritional considerations in the elderly

**May 10, 2008**

Nutritional anemia's

All Valen's 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 makes Valens doctors among the nation's top authorities on weight management and nutrition.

**ABOUT VALENS MEDICAL**

Founded in 2007, Valens Medical is the only weight lifestyle management practice in the nation owned and operated by certified physician nutrition specialists. With three of the nation's only 300 certified physician nutrition specialists, Valens' unique approach is unlike any other weight loss program currently available. 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, Calif. 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 a weight loss center, but instead a weight lifestyle solution. Valens doctors educate each patient to revolutionize their nutrition choices and manage a healthy body composition for a lifetime. For more information on Valens Medical, please visit [www.valensmedical.com](http://www.valensmedical.com).

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