

**Toomey Chiropractic Center**

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**Outcomes for 20 Clients: 8 Weeks on the Ideal Protein Protocol**

Toomey Chiropractic, offers medically supervised weight loss services using the Ideal Protein Weight Loss Method, a low fat, low carb, adequate protein nutritional ketogenic protocol. We provide weekly coaching, extensive client education, and long-term maintenance support to help keep the weight off. The outcomes, below, are from our clients, and they are typical for those that follow the Ideal Protein protocol.

**Summary:** This data is from 20 of our clients (10 men and 10 women) who did the Ideal Protein protocol for 8 weeks. A wide range of ages are represented: three were 25-39 years old, seven were 40-50, seven were 51-60, and three were 61-73. **Men lost an average of 4.1 pounds per week and women lost an average of 3.91 pounds per week.**

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| --- |
| 8 WEEKS on Ideal Protein: Summary of Results |
|   | Males | Females |
| Weight (lbs) | BMI | Weeks to 10% Lost | Weight (lbs) | BMI | Weeks to 10% Lost |
| Prior | Post | Prior | Post | Prior | Post | Prior | Post |
| Average | 277.2 | 239.3 | 39.8 | 34.4 | 5.5 | 196.5 | 170.9 | 32.3 | 28.1 | 5.6 |
| *StD Dev* | *61.3* | *54.6* | *7.9* | *7.0* | *1.8* | *40.3* | *35.0* | *6.1* | *5.3* | *1.1* |

**BMI is a key medical marker** and now considered the “5th vital sign”. **15 of the 20 participants dropped a full BMI obesity classification in just 8 weeks. Five remained in the same category.** Of the five that did not drop a Category, 2 were at the top end of the Overweight category and at assessment were 25.4 and25.2. Three were in Class 3 which has no upper limit and many of these clients saw dramatic BMI reductions in 8 weeks (48.2-41.3, 53-46, 45-42).

**BMI Classification Results**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | Normal | Overweight | Class 1 | Class 2 | Class 3 |
| Prior | 0 | 5 | 6 | 3 | 6 |
| Post | 3 | 8 | 3 | 3 | 3 |

**The loss of the first 5-10% of initial body weight** is when the greatest health improvements occur, according to current research. With these 20 clients, it took **men an average of 5.5 weeks to lose the first 10% of initial body weight and women took an average of 5.6 weeks.**

**8 Weeks on the Ideal Protein Protocol – Males**



**8 Weeks on the Ideal Protein Protocol**







**BMI Reduction After 8 Weeks on Ideal Protein**



