



## Guy A. Navarra, MD

**I'm frequently asked by doctors and patients alike why I decided many years ago to provide a medical weight loss to my patients and why Dr. Mark Amorosino and Dr. Jessica Lee-Amorosino decided to do the same at our Beverly Massachusetts location.**

### The story is simple.

I've been a Primary Care doctor for 15 years, I love what I do, and I currently treat thousands of patients at my Primary Care office in Newburyport Massachusetts.

Up until 5 years ago, I would tell all my patients carrying excess weight—people that I care about, many whom are friends—that they must 'get down to a healthy weight'—as soon as possible—in order to reduce or even eliminate—among other things—high blood pressure, high sugar levels, and high cholesterol.

### They'd ask me what to do.

I'd answered them, but most times they'd fail—which means in a sense—I failed to provide the right answer and a plan that would help them.

### The answer was clear.

After hearing a countless number of patients ask me; "how do I lose the weight," I decided to learn exactly how.

I joined the prestigious *Obesity Medicine Association* and became a Diplomat (board certified) member of the *American Board of Obesity Medicine*.

### As a result.

Today we've helped—and continue to help—hundreds of patients who needed to lose 10 pounds to well over 100 pounds reach a healthy weight safely, rapidly, and painlessly.

One of these patients just happened to be a friend and colleague; Mark Amorosino, MD.

Mark is Board Certified Gastroenterologist, who—along with his wife Jessica, a Pediatrician—is now a partner at the MetTrimMD Beverly Location.



## Mark Amorosino, MD

**Well, I lost 30 pounds in 12 weeks on the MetTrimMD program.**

I'd like to say I started the program because I knew I needed to lose the weight, but the truth is, I started because of a personal bet—between a few close friends—about who'd lose the most weight in 3 months.

I practice in the same city as Guy (Dr. Navarra) and I was aware of the success of the program.

A number of my colleagues and I have patients who lost weight with MetTrimMD. So, to win the bet, I started MetTrimMD.

### I won the bet, but I truly believe my patients won more.

I lost weight on the program and now as a doctor who administers the program, I'm able to share with patients what they can expect to lose.

I can share what it's like to eat the food and take the supplements during the active weight loss phase, and what it feels like—physically and mentally—when you lose excess body fat weight.

### I started MetTrimMD without learning too much about how the program worked because I trust Dr. Navarra.

After I lost the weight, I was intrigued, to say the least, so I did the research to actually see why I lost the weight rather fast, with very little aggravation, and why I really did not feel deprived or starved.

### What I confirmed.

My research proved what Dr. Navarra shared with me as a patient, namely that obesity is a medical condition and carrying excess weight (like I was) will in time cause damage to the body.

### What I discovered.

The most effective solution to reach a healthy lower weight is a medical one.

Specifically, I learned that I can provide patients with a personalized medical weight loss program—in a clinical setting—that's safe.

I learned how all the food and supplements included in the MetTrimMD program work synergistically and are made to cause weight loss

### What I can share.

MetTrimMD is set-up for you to succeed; you feel full, you lose weight safely in a matter of weeks—excess weight that may have taken you months or years to gain, and you feel healthy.

### But, like many of us, you may be thinking; "I've lost weight before and gained it back."

What changes this thinking is the extraordinary boost in confidence that you gain—from knowing from this point forward you are in control of your weight.

- Confidence that comes from discovering: why you gained weight, then lost it, then gained it back—
- Confidence from knowing how to prevent this in the future—
- Confidence from knowing you are never-ever alone and we are here for you before and after you lose weight.

### As a result.

My wife Jessica who is a practicing Pediatrician, Dr. Navarra, and I opened MetTrimMD Beverly.

The confidence that comes from my 30 pound weight loss experience and the realization that as a physician knowing full well with my help, support, and the proven MetTrimMD protocol I can

truly help people lose 10–150+ pounds, feel better, move better, digest better—to me that's good medicine.



## Jessica Lee-Amorosino, MD

**As I watched, listened, and learned as Mark lost his weight three things amazed me and caught my attention.**

First, other than the fact that he had a smaller waist than when we first met, what was clear is that his belly fat was gone, not the muscle.

We know as physician's the health benefits are numerous when you lose adipose belly fat (yellow fat that holds things that cause illness) and not muscle.

The second thing was rarely did he talk about the weight he was losing. But rather the support he received from the staff, the education on how to maintain a healthy weight from Guy.

Thirdly, Mark didn't complain about being hungry, tired, or feeling deprived, but rather how good he felt during his active weight loss phase.

### As a mother of four and a Pediatrician.

I've learned from personal and professional experience that parents—although it's not always easy—wield considerable influence on our kids eating habits, their understanding of good nutrition, and what they eat.

### What I'm thrilled about.

I'm able to work directly with and educate the parents who in turn will be well equipped to help their children who struggle with weight.

If you're 17 years old (or older) or the parent, or a family member—and you struggle with weight—we will help you lose weight safely, teach you how to keep it off, and support you before and after your weight loss.

### What I promise.

- We will work together to accomplish your weight loss goals.
- We will teach you how to keep the weight off—once and for all.
- My medical team and I will support you during and after your weight loss.

### Come visit us.

We are committed to helping you reach your healthy weight. All of us at MetTrimMD Beverly look forward to meeting you one day soon.

- Board Certified in Internal Medicine
- Board Certified in Geriatric Medicine
- Diplomate of the American Society of Obesity Medicine
- Residency in Internal Medicine Yale New Haven Hospital, Yale University
- Fellowship Geriatric Medicine Beth Israel Deaconess Medical Center, Harvard



- Board Certified in Gastroenterology
- Residency in Internal Medicine, Boston University Medical Center
- Fellowship in Gastroenterology, Boston University Medical Center
- Member American Society of Bariatric Physicians
- Member American College of Gastroenterology
- Member American Society Gastrointestinal Endoscopy



- Board Certified by the American Board of Pediatrics
- Residency in Pediatrics, Tufts-Floating Hospital for Children
- Member American Society of Bariatric Physicians
- Member American Academy of Pediatrics
- Member American College of Lifestyle Medicine

