

**Ochsner Health Center Baton Rouge**

**Diabetes Management  
Weight Loss and Wellness Program**

9001 Summa Avenue  
Baton Rouge, LA 70809  
Phone (225) 761-5586 • Fax (225) 761-5890

Dear \_\_\_\_\_,

Your patient, \_\_\_\_\_, date of birth \_\_\_\_\_, desires to participate in the Ideal Protein Weight Loss Protocol at Ochsner Health Center Baton Rouge. Because he/she is currently under your care, I would like your approval before starting him/her on the program. Please review the Ideal Protein Weight Loss Protocol.

Participants will meet with our Registered Dietitian or Nurse Practitioner team three times during the 4-phased protocol and weekly with our medical assistant for monitoring measurements, weights, body composition analysis and overall progress.

Since many participants on the Ideal Protein Protocol are able to reduce or discontinue medications such as antihypertensive, oral hypoglycemic, insulin, etc, we have encouraged continued follow-up care with you in the event a change in medication becomes necessary.

If you agree to allow your patient to participate in the Ideal Protein Weight Loss Program and will support in medical monitoring, please sign and date in space below and fax to (225)-761-5890. In addition, please include a copy of your patient's last medical record and labs. We will keep you informed of his/her progress and will contact you for further medical support.

Thank you for the opportunity to provide your patient with long-term weight loss management.

Sincerely,

Diabetes Management  
Weight Loss and Wellness Program

I, \_\_\_\_\_ agree to allow my patient  
\_\_\_\_\_, date of birth \_\_\_\_\_ to participate in  
the Ideal Protein Protocol. I agree to provide medical monitoring and support.

\_\_\_\_\_  
Signature / Print Name / Date / Time



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### Ideal Protein Weight Loss Protocol

- **OVERVIEW:** Ideal Protein is a 4-phase medically designed and professionally supervised muscle-sparing weight loss protocol. The average person has a weight loss of 2-5 lb per week. The Ideal Protein Weight Loss Method stabilizes the pancreas and blood sugar levels while burning fat. The ideal protein protocol is has a beginning and end thus assisting clients' transition from weight loss phases to a healthy lifestyle plan for long-term weight management.
- **DIET COMPOSITION:** Ideal Protein Protocol is not a "high protein" diet but provides minimum protein (1/2 gram protein per pound weight) to spare muscle loss. It is low fat but provides essential fatty acids. Carbohydrate intake is minimized to approximately 30 grams per day, which causes the body to burn fat and is therefore a "ketogenic" meal plan. Our participants consume four cups of non-starchy vegetables and unlimited green salads daily providing fiber to prevent constipation. They receive multivitamin, calcium, magnesium, potassium, and sea salt to ensure proper electrolyte and nutrition balance. They are required to drink 64 ounces of fluid daily.
- **ALTERNATIVE:** There is an "Alternative Protocol" suitable for Type 1 diabetes, which provides a dairy, fruit, and grain serving everyday to prevent the patient from going into ketosis. In the alternative protocol, participants experience weight loss, spare muscle and will substantially decrease insulin requirements.
- **FOODS:** The centerpiece of protocol is the wonderfully tasting protein based foods. The products contain all nine essential amino acids and are derived from non-GMO sources. There are 50+ products available including shakes, juices, bars, soups, breakfast items, chips, cookies and many others. Participants will use approximately three Ideal Protein products daily in addition to vegetables, added lean protein and oil, supplements, salt and fluids.
- **SUPPORT:** We offer medically trained support throughout the program including 3 appointments with a Registered Dietitian or Nurse Practitioner and weekly appointments with our trained Ideal Protein coaches, 3 free 30 minute personal training sessions & discounted membership to the YMCA, support groups, recognition of milestones towards weight lost goal, and a weight management plan at the completion of the program.
- **REFFERAL:** Participants are scheduled for Ideal Protein as a "New Patient Appointment" with a Registered Dietitians (Angelina LeBlanc or Philip Saigeon) or Nurse Practitioner (Sydney Prescott). Participants will provide a completed Health Profile and program consents to determine program qualification and obtain medical releases prior to the initial clinic visit. Currently, the Ideal Protein Weight Loss Protocol is offered at our Summa location and is a cash-pay program.

Ochsner Health System, a part of Ochsner Clinic Foundation