

To Whom It May Concern:

Lindora Medical, Inc. offers a comprehensive medically supervised weight management program. Our program consists of behavior modification; treatment and counseling with physicians, nurse practitioners and nurses; and if needed and where it is appropriate, anorectic medication. We have a low fat, moderate carbohydrate and moderate protein diet of “every day” low calorie foods, and vitamin injections to help prevent any diet induced fatigue.

Lindora’s unique two-phase program was designed to not only assist the patient in losing their excess weight, but to also help them maintain their new lean weight.

- During the first phase, the patient makes daily visits to the clinic to work on establishing healthy lifestyles and eating habits through behavior modification. The last two weeks of this first phase of the program focuses on metabolic adjustment where patients increase their metabolic rate during a brief period of eating increased amounts of food.
- The second phase is long-term maintenance. This program provides patients with the eating and coping skills necessary for staying lean during their everyday living.

For over 35 years, and more than 5,000,000 patient visits, the Lean for Life program has proven to be safe and effective for patients who want to lose weight with lasting, positive effects. We look forward to speaking with you soon about how Lindora can support you in your efforts.

Sincerely,

Lindora, Inc.

Sabina M. Kobylnski, D.O., FAAFP  
Medical Director