

## NEXT STEPS?

If the approach at Weigh2Health seems right for you, Dr. Bera-Miller offers free initial consultations during which she takes a brief medical history, provides an initial assessment, and discusses with you what treatment plan seems best for you to help you achieve your goals.



For more information visit  
[www.weigh2healthMD.com](http://www.weigh2healthMD.com)

Call for a free consultation!  
(925) 658-2500

Medically supervised weight management is not automatically covered by most health insurance carriers. However there are ways to make it financially feasible and even receive reimbursement.



Nathalie Bera-Miller received her medical degree at the University of California San Francisco (UCSF) after studying Nutritional Sciences at Cornell University and the University of California Berkeley (UCB). Following an Internal Medicine internship at Cedars-Sinai Medical Center in Los Angeles, she completed her specialty training at UCB and became Board-Certified in Preventive Medicine. During the first 10 years of her career, she delivered primary and preventive medical care, conducted research in physical activity promotion, and developed and delivered preventive health programs. Dr. Bera-Miller is a member of the American Society of Bariatric Physicians and keeps abreast of research and developments in weight management, metabolic syndrome, and associated chronic illnesses. She is also a Visiting Physician Researcher at UCSF's Institute for Health & Aging.



Let food be thy medicine and  
medicine be thy food.

- Hippocrates

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Weigh 2 Health

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## WHY LOSE WEIGHT?

If you are overweight, with or without chronic illnesses such as diabetes or hypertension, you probably already know that achieving a healthy weight is one of the most important things you can do for yourself. What you may not know is that **research has shown that losing as little as 5-10% of your current weight can significantly improve your overall health.** This amount of weight loss can lead to **medication reduction or elimination and decreased risk for future illnesses** such as diabetes, heart disease and cancer. **Over 95% of Dr. Bera-Miller's patients lose 5-10% of their weight within 3-6 months!**



**Do you have trouble losing weight or keeping it off?** There are many possible reasons for this which Dr. Bera-Miller can diagnose and treat:

- Metabolic syndrome
- Carbohydrate sensitivity
- Hormonal imbalances
- Food hypersensitivities
- Emotional eating
- Sleep disorders
- Medication side effects



## ABOUT WEIGH<sub>2</sub>HEALTH

At Weigh 2 Health, Dr. Bera-Miller sees adults and adolescents. She applies her expertise in nutrition, lifestyle-based physical activity, weight medications, and other treatment components to develop the best medical weight loss and maintenance plan for *you*. Her emphasis is on using the most current scientific knowledge in the field of bariatric medicine - medical treatment of excess weight and associated conditions. She does not replace your primary physician but instead collaborates with him or her. The result is maximizing your ability to achieve the healthiest weight possible, thus reducing, eliminating and/or preventing chronic illnesses.



## Dr. Bera-Miller's approach works!

### Here's why:

- **Comprehensive medical, nutritional & hormonal assessment.** Identifying and addressing underlying imbalances are the foundation for success.
- **Physician expertise, coaching, and monitoring.** She meets with you regularly & incorporates the key elements shown in research & practice to lead to successful weight loss & maintenance.
- **Individual and customized attention.** One-on-one visits focus on achieving a healthy weight given *your* particular needs & lifestyle. Also, weekend appointments are available.
- **Solidly researched and effective nutrition plans.** Whole foods are emphasized & meal replacements can be incorporated for optimal weight loss & maintenance.
- **Cognitive and mindful eating skill-building.** Improving thinking & behaviors, including emotional eating, are critical to *long term* success. You can also receive daily phone/email messages to enhance motivation & confidence!
- **Integrative and holistic approach** incorporating use of scientifically valid alternative & complementary therapies & specialists as needed & desired.
- **Medications and supplements.** She uses only well-studied ones that are safe & effective.