

# SOPHISTICATED LIVING

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*Terri Paige is CEO and co-founder of Medical Transformation Center with her husband, Dr. Carl Paige. Under Terri's leadership, the Kentucky-based MTC has become a regional hub of innovation, advancing optimal health through integrative cellular and regenerative medicine. Working from a state-of-the-art medical center in Louisville, MTC offers a comprehensive, personalized approach to healthy aging, optimization, longevity, and complex presentations. Terri is a Fellow of the International Seeds Scientific Research and Performance Institute and a regular speaker at Institute symposiums; a Certified Lifestyle Coach through the American Academy of Anti-aging, Regenerative and Functional Medicine in conjunction with the Metabolic Medical Institute; and a Certified Professional Performance Coach through SourcePoint Training.*



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# IMAGINE WHAT SUSTAINABLE WEIGHT LOSS WOULD FEEL LIKE

By Terri Paige, CEO and co-founder of Medical Transformation Center

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How many of us have tried a weight loss program only to gain our weight back (and more) after we went back to “normal” eating? Restrictive diets don’t work, and yo-yo dieting can leave you feeling depressed and defeated.

I know you’ve heard it before, but the only successful way to lose weight and keep it off is to make lifestyle adaptations. The Medical Transformation Center TransformWeight program was designed as a lifestyle plan, helping you to readjust your thinking and behaviors while offering resources to help you implement habits and practices that support you to attain a healthy weight and keep you there.

**Taking Control and Losing Weight** Annette came to MTC in 2019 with stomach and intestinal issues. She was 47, weighed 210 lbs., and was just hitting menopause. We worked to get her healthier metabolically and provided recommendations on dietary changes. She also began using semaglutide to help with weight loss. By the end of 2019, she had reached her all-time low of 158 pounds. She was in a good place and was continuing with some of our healthy lifestyle recommendations while taking semaglutide, but the challenges of COVID, which included the physical and mental stresses faced by so many of us, led to some setbacks for Annette. She started slipping into some old habits and gained more than 30 pounds. She was able to lose weight again, but by the end of 2022, she was stuck at 170 pounds.

Looking for a way to take control of her health again, Annette joined our first TransformWeight program in January 2023. She dedicated herself to the program and implemented all of its personalized recommendations.

Annette said, “(the program) encapsulated the full spectrum of information and practices that I needed to keep my body in a healthy state. It served as a roadmap to eating healthy. Because all the information is contained in one package, I found it easier to implement. When I feel I’m slipping a little, I use it as a guide to reorient my focus.”

It wasn’t until she fully embraced the Paleo-Mediterranean lifestyle we teach in TransformWeight that she saw real and lasting success. This was a turning point for Annette in her weight loss and health journey. Although she always exercised, her diet was lacking, and she was relying mostly on liraglutide for weight loss.

By the end of the three-month TransformWeight program, Annette had lost 25 pounds and weighed 146. Her blood pressure improved, and she experienced a reduction in inflammation. Her visceral fat rating dropped from 7 to 4, which is significant as visceral fat is both inflammatory and toxic and is associated with fatty liver, cancers, stroke, and increased cardiac risk.

Annette has continued to live the healthy lifestyle she learned in TransformWeight. She’s made sustainable changes, including nutrition, movement, supplements, and peptide therapies, all designed to keep her in shape. Continually diving into our other resources like cooking classes and workshops, now at 52, Annette is 135 pounds and feels better than ever.

**Designing a Sustainable Lifestyle Program** Patients like Annette are why we developed TransformWeight. We know how difficult it is to change habits. While some of our patients saw success with our advice and recommendations, others needed structure and a specific plan. TransformWeight is a complete program that includes many of the strategies we gave patients but were having difficulty implementing on their own. We also added accountability, small group support, workshops, and guidance to help participants see success.


TransformWeight is a physician-developed program that teaches people how to make lasting and sustainable lifestyle and health changes, allowing them to maintain long-term weight loss. It works on the whole person and includes:

- Lab work to determine food sensitivities and specific dietary needs for your body
- Targeted supplements
- Advanced peptide therapies
- Sessions with a personal trainer, an emotional eating psychotherapist and a coach
- Workshops with experts in the field
- Group meetings
- Help with grocery shopping, meal planning, and recipes
- In-office support to reach your goals

Some of the most significant stressors when you’re making lifestyle changes are dining out and going to the grocery store. Our group goes out to eat together to learn how to make better choices while dining out. I take small groups grocery shopping so they can pick the items they need to prepare the healthy Paleo-Med meals we discuss. We also discuss favorite meals, recipes, and snacks and how to transition them to a healthier Paleo-med version.

Group accountability is an integral part of the program, which participants said they like. We have a WhatsApp for the group so they can help and support one another, discuss challenges, and cheer victories. It’s helpful to know you’re not the only one struggling - there’s someone else who’s in it with you. On those down days, when your phone buzzes, and someone in the group has posted an inspirational quote or a new recipe or reached out with their challenge, it provides the kind of support to keep you motivated and on track to succeed.

We also offer customized peptide therapies, supplements, and other targeted treatments to help you lose weight in a sustainable and healthy way. Semaglutide, like Ozempic and Wegovy, has received extensive media coverage lately. We’ve been using these in our practice for years and know that when used responsibly and in combination with the lifestyle adaptations we teach in TransformWeight, they can lead to healthy, sustained weight loss without unsightly and unhealthy side effects.

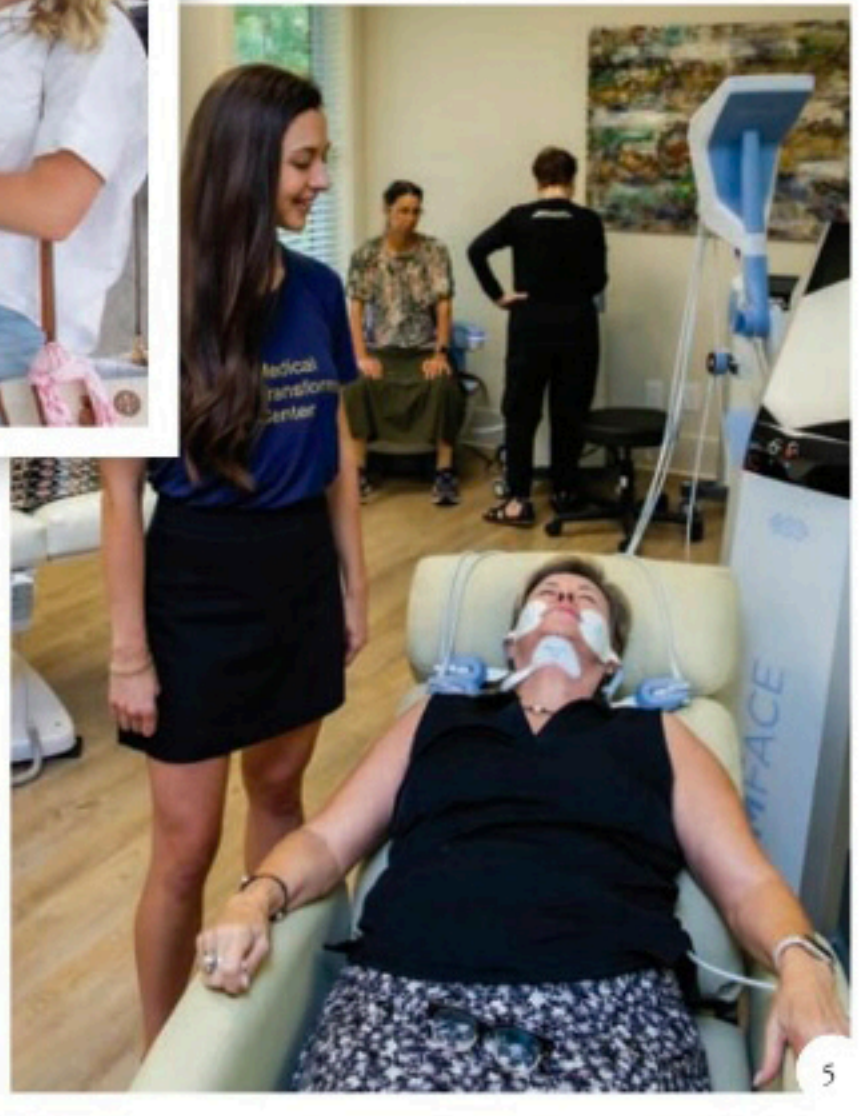
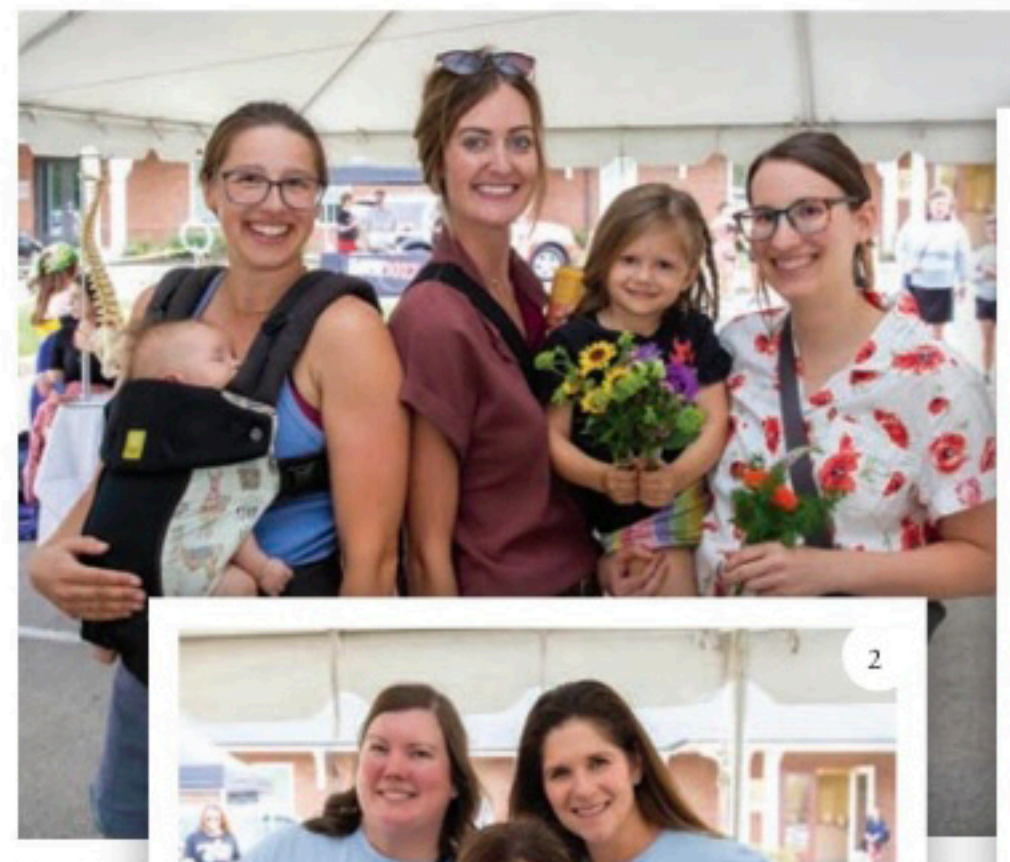
Regardless of where you are on your weight loss journey, TransformWeight can help. For more information or to register for TransformWeight visit: [medicaltransformationcenter.com/transformation-weight-loss-program](https://medicaltransformationcenter.com/transformation-weight-loss-program). 





### A TOAST TO 10 YEARS OF TRANSFORMATIONS

Dr. Carl and Terri Page, co-founders of Medical Transformation Center, hosted a cocktail reception for clients and special guests at Owl Creek Country Club to herald a decade of sharing their vision of vitality via integrative regenerative and cellular medicine and to officially welcome Dr. Alexa Davis as the newest member of the MTC team.



### AGE SMART FEST

Medical Transformation Center provided a glimpse at the future of optimal aging at this second annual outdoor health fair that shared the latest in Integrative Regenerative and Cellular Medicine.

*A Toast to 10 Years of Transformations* 1) M.J. Stevens, Joyce Young 2) Lisa Pence, John Loguidice, Nichole Giddens 3) Kym Raque, Allison Lewis, Debra Locker Griffin 4) Nick Davis, Dr. Alexa Davis, Keith & Vicki Black, Dr. Carl Paige & Terri Paige *Age Smart Fest* 1) Cassie & CJ Gilman, Jenna Rapp, Andi Gilman, Candice Zambella 2) Lindsay Spencer, Shane Shaps, Candace Portman 3) Debbie Hall, Alana Davis, Dr. Alexa Davis, Heidi & Jordan Davis 4) Grace, Emily, Terri and Dr. Carl Paige 5) Donna Cook had a Emface procedure as Dr. Alexa Davis stood by.