

Welcome!



Congratulations on making the decision towards a healthier lifestyle and a new you! A team of experienced medical staff will be beside you every step of the way. We are here to support you, encourage you, pick you up when you fall, help you achieve your weight loss goal, and be here for any questions or concerns you may have along the way!

You have already completed your 1st Phase: Screening. Next, you will move on to Phase 2: Reducing (most exciting), this is where you will see the most results and experience rapid weight loss! You will use New Direction products and through ketosis, your body will depend on the stored fat as fuel. After the Reducing Phase, you will transition to Phase 3: Adapting. This means you are one step closer to your goal!! During this phase, you will gradually reduce the use of the New Direction products and start adding more grocery store foods. But don't worry: you will not be left to fend for yourself! We will teach you the ins and outs of proper nutrition and portion control to ensure you continue losing your remaining weight. Finally, you made it to the last and most important Phase: Sustaining. By this point you will have reached your goal weight and will now begin the journey of keeping the weight off. I know what you are thinking... but, you can't get rid of us yet. We will still be there to help maintain your new weight, you will continue coming to support meetings and we encourage you to still do regular weigh-ins.

Remember: Weight Management is a life-long process. There will be bumps and turns and upsets along the way, but keep on the path and enjoy the ride!

We are so excited to be a part of your lifestyle change.

Please let me know if you have any questions or if I can help in any way.

Thanks,

Shara Stettinger
Program Director
620-791-6899



LCD (Low Calorie Diet) VLCD (Very Low Calorie Diet) Program Manual/Policy

A HANDBOOK FOR PARTICIPANTS

Please review the following handbook before your first medical appointment.

New Direction - a program that will help you lose weight and live a healthy life for years to come! We're glad you're here and ready to begin.

I am sure you have a lot of questions and this handbook is built to help, but know too, that you can and should call, at any point, with further questions or concerns (620-791-6899).

This guide covers our different program plans, especially the VLCD (Very Low Calorie Diet) and the LCD (Low Calorie Diet). Your New Direction Provider will guide you as to the best fit for you.

A very low calorie diet-like the one used in the New Direction VLCD or Low Calorie Diet LCD-will jump start your weight loss and lead you on the road to a healthy lifestyle. Research shows, however, that losing weight by diet alone doesn't work, at least not in the long run. To manage your weight for a lifetime, you will learn to make permanent changes in your eating and exercise habits and you will establish a new relationship to activity and food. The New Direction program offers group meetings that provide you with the support and skills needed to help you manage your weight. These meetings, led by educators in behavior, diet and exercise, are offered during all four phases of the New Direction VLCD or LCD program.

For best results, you need to commit to all four phases of the New Direction LCD Program. Think of the program as one long stretch of highway, where the road conditions and driving rules change along the way, but the road keeps on going. There's a definite starting point, but an ambiguous "finish line" because weight management is a life-long process.

Overview - Very Low Calorie Diet (VLCD):

Phase I: Screening

Congratulations-you've completed the screening phase and are on your way to a new healthier you!

Phase 2: Reducing

During this time of rapid weight loss, New Direction products will be your only food. These products are nutritionally complete, but they supply fewer calories than your body's energy needs. Your additional needed calories/energy needs will come from your body's fat stores.

Phase 3: Adapting

During this phase, you will gradually decrease the use of the New Direction products and begin to add more food to your daily diet. The calories you consume will be adjusted so that you stop losing, but continue to manage your weight.

Phase 4: Sustaining

In this final phase of the program, you'll eat three grocery type meals and possibly a snack each day. (**Note that in this phase, many find success in the use a New Direction meal replacement meal in place of one of the grocery meals!**) Here you can practice your new lifestyle and weight management skills under the guidance of the New Direction support staff. You'll continue to work with staff to adjust your calories and meal plan, so you can maintain your new body weight and meet your nutritional needs.

During the Sustaining Phase, it's important to continue attending your classes/support meetings. A combination of regular activity, sensible eating, and continued support from others can help you maintain your weight loss.

By the Sustaining Phase— your will have learned and planned regarding the following:

- The spacing of your meals and snacks.
- The use of monitoring tools (to track your foods, your activity and your progress) for sustaining your success.
- Portion size and portion control.
- To incorporate variety in your food choices. This makes eating more enjoyable, prevents cravings, and helps you get a healthful mix of nutrients.
- Avoidance of trigger foods.
- Emotional eating and coping strategies.
- Keeping active! Sitting less... (Look to the “Sit Less” campaign at <http://heartfoundation.org.au/active-living/sit-less>)
- And much more...

Guidelines for Losing Weight Safely

- Consume all of the New Direction servings prescribed for you. Consuming less than the prescribed amount will jeopardize your health.
- Attend all Health Care Provider appointments, laboratory screenings and Lifestyle Skills classes/Support Meetings.
- Space your New Direction servings throughout the day. Have the meal replacements at the times you would ordinarily eat breakfast, lunch and dinner. If you’re taking a fourth meal replacement, have it as a midmorning, mid-afternoon or bedtime snack.
- Drink at least 2-3 quarts (64-96 oz.) of water daily, in addition to the water you add to your packets of New Direction meal replacements. Plain tap or bottled water is best, but other liquids are acceptable if they contain few or no calories.
- Keep your carbohydrate intake at less than 10 grams a day (not including New Direction foods). Your diet educator or Nurse Practitioner can provide you with a select list of items and their related carbohydrate content.
- Don’t cross your legs. When this is done, you compress a nerve at the back of the knee that can cause numbness in the lower part of the leg. This nerve becomes more exposed as you lose weight and is more sensitive to pressure.
- Take prescribed mineral or electrolyte supplements as ordered, if the New Direction Health Care Provider prescribes them for you. Some participants may need supplements, as indicated by their blood tests.
- Use only prescribed or approved medications. Report any medications you’re taking to the New Direction Health Care Provider. Keep taking them, unless the Health Care Provider recommends a change.
- Avoid taking extended trips during your first few months on the New Direction VLCD, since close monitoring is an essential part of the program. If you must be away from home, let the New Direction staff know so they can help you plan your diet.
- If you become seriously ill or are injured while you’re on the New Direction VLCD, be sure to tell your primary care Health Care Provider that you’re on a VLCD, in other words a “modified fast” or a “ketonic diet”. The Health Care Provider may need to reverse your state of ketosis so other medical treatments can be effective, or he or she may want to contact the New Direction staff about the program.

Overview - Low Calorie Diet (LCD)

Phase I: Screening

You've completed the screening phase and are on your way to a new healthier you!

Phase 2: Reducing

During the second phase of the program you'll drink two to three servings of New Direction meal replacements, eat one meal and perhaps a snack. This may vary depending on your individualized calorie needs. The meal replacements have been carefully formulated to be nutritionally complete regarding needed vitamins and minerals.

Phase 3: Adapting

When you're nearing your weight loss goal, you will enter the Adapting Phase where you'll gradually decrease the use of New Direction meals and begin to add more grocery food to your daily diet. The goals of this phase are to return to eating regular foods and to consume the right amount of calories so that you stop losing, but continue to manage, your weight.

Phase 4: Sustaining

In this final phase of the program, you'll eat three grocery type meals and possibly a snack each day. (**Note that in this phase, many find success in the use a New Direction meal replacement meal in place of one of the grocery meals!**) Here you can practice your new lifestyle and weight management skills under the guidance of the New Direction support staff. You'll continue to work with staff to adjust your calories and meal plan, so you can maintain your new body weight and meet your nutritional needs.

During the Sustaining Phase, it's important to continue attending your classes/support meetings. A combination of regular activity, sensible eating, and continued support from others can help you maintain your weight loss.

Getting Started on the New Direction LCD

- Space your New Direction meal replacements, meal and snack throughout the day. To maximize meal satisfaction, choose foods that are filling, like raw vegetables, fruit instead of juice, and two slices of reduced-calorie bread instead of one slice of regular bread.
- Keep track of what and when you eat to see how you're following the program and if you need to make any changes in your food choices.
- Pay attention to portions. Weigh or measure your food at first, to get a sense of the correct portion size. Periodically, check your portions against the Food Exchange serving sizes to make sure the amounts you're eating are accurate.
- Eat a variety of foods at your meal. It makes eating more enjoyable, prevents cravings, and helps you get a healthful mix of nutrients.
- Eat slowly. Eliminate distractions, like watching TV or reading the newspaper while eating. Place healthful foods, like low fat plain yogurt (plus small amount of fruit to add), fruits and vegetables lean protein choices, ect, in the front of the refrigerator. Keep tempting, higher-calorie foods out of sight or out of the house.
- Eat when you're hungry. If you eat for other reasons, like when you're bored or stressed, find a non-food activity to satisfy you. For instance, go for a walk, call a friend, or read a book.
- Keep active! Regular physical activity burns calories and is good for your health. If you're new to activity, start with 10 minutes a day and work up to about 30 minutes most days of the week. Choose activities you enjoy, like walking, bicycling or swimming. Consider making a list or "menu" of activities that you enjoy, choosing some indoor activities that you can do on a "bad weather day", and list some outdoor activities too. Also, look for opportunities to move more. For example, take the stairs instead of the elevator or walk to co-workers instead of phoning or e-mailing them. Look to the "Sit Less" campaign at - <http://heartfoundation.org.au/active-living/sit-less>

Lose Weight Safely and Healthfully!

Follow the New Direction eating plan as prescribed. Drinking fewer New Direction meal replacements or eating less food than recommended could jeopardize your health.

Attend your Lifestyle Skills classes/support meetings.

Drink at least 2-3 quarts (64-96 oz.) of water daily. It helps curb your appetite and is essential for good health. Plain tap or bottled water is best, but other liquids are acceptable if they contain few or no calories.

Take a multivitamin/mineral supplement, if recommended.

If you are losing more than two pounds per week after the first few weeks, or if you are losing less than expected, speak with your Nurse Practitioner. She can offer advice and adjust your eating plan, if necessary.

Business Matters

LCD = Low Calorie Diet – Medically supervised 900-1200 calorie diet.

VLCD = Very Low Calorie Diet – Medically supervised 800 calorie (or calorie level per your New Direction Health Care Provider) diet.

Office Hours

Monday through Friday 8:00 am – 5:00 pm

Support Meetings - times as arranged.

Telephone

Shara Stettinger, Program Director - available for any questions or concerns. You can contact her at 620-791-6899. Please leave a message if she is not reached. She will return your phone call on the next business day.

Location and Parking

We are located at 514 Cleveland St., Great Bend KS 67530

We are on the North East side of the building. You will see a sign that says "Medical Office Building." Enter there and take the elevator to the left. We are the first door when you get off the elevator on the 2nd floor.

Classes/Support Meetings

Support meetings are accompanied by a mini-medical check, where your weight, blood pressure and a set of questions are asked in order to assess: any medicine changes, your fluid intake, your progress with your weekly logs and any concerns you may have. This data is reviewed by the New Direction provider, or her nurse, the next day. Please call though, if you have pressing needs or questions.

Please be prepared for discussions regarding food at the support meetings. We know this is hard to do while you are not consuming grocery foods at the time. The purpose, though, is to start your process of change toward a healthier you and to assist you in maintaining your success after your weight loss. Note though that when discussing foods the discussion should be kept in the vein of education vs. "lustful" food discussions. ☺

Also:

- You will attend support meetings until you graduate to the Sustaining Phase.
- Your attendance is encouraged in the Sustaining Phase too.
- Because of limited seating, support meetings are for participants only.
- Your Nurse Practitioner and our receptionist will assist you in setting up your support meetings and your next medical/lab dates, while you are at the initial and monthly appointments.

Make-up Sessions

If you are unable to attend your specific clinic/support meeting time (vacations, emergencies, out of town business), you are responsible for notifying us to make arrangements to attend another group during that week, or to make up the absence later.

Group Rules

Your group depends on you! Attend your support meeting as regularly as possible. Call us if you must be absent and tell us when you can make up the absence. Be on time for the mini-medical check and the support meeting. Participate in group discussions to the level of your comfort. Remember to give others an opportunity to participate also.

Respect your classmates and their right to privacy.

Things may be discussed in class/support meetings, which are personal and private and are not to be discussed outside of the group. Never reveal the identity of your group members to anyone outside of support meetings. Their participation is their personal business.

Be supportive of your classmates.

Listen, offer empathy, but never minimize their difficulties by giving a quick fix response or indicating that you can't see why they are having a problem, because you are not.

Think positively and be tolerant of your classmates.

See the humor in situations, but be sure you are laughing with your group member, not at them.

Monitor the impact of your comments.

Be careful about discussing any lapses with your group members. If you are working to understand and control the lapses, a discussion of strategies is appropriate. If you are bragging that you “beat the system” (over-ate and lost weight anyway) and are making no plans to change this behavior, it is inappropriate to discuss. The extracurricular eating will catch up with you. Meanwhile, your comments on it may weaken your classmates’ resolve and motivation.

Help new group members feel at ease.

If you see someone who is new, introduce yourself, ask how they are doing after their first few days on the product, ask if they have any questions about the procedures for the clinic hour.

Support Meeting Schedule

At this point we plan meetings the First, Second and Third Tuesdays of each Month unless otherwise advised. The support meeting/class schedule is subject to change, as additional group times are needed.

Support Meeting Format

Here is the sequence of events you will follow:

- Please place your food order, online, the day before your support meetings and your medical visits.
- Check in for your support meeting.
- **Make your payment. Plan to pay for foods and meetings by Cash or Check.**
- Attend Group sessions (Nutrition, Personal Effectiveness/Behavior Modification, or Exercise topics).
- Pick up product.

Distribution of the Product

See the order form for the available varieties (online or by printed food order available at clinic).

Each box of meal replacement product contains seven servings, enough for seven meals.

Regarding New Direction Bars – there are 7 bars per box and 2 bars can be used as one meal replacement or one bar can be used as a snack.

Product will be distributed on a weekly basis. Please plan ahead for vacations by ordering extra product before you leave. When bad weather arrives, be prepared with an extra box or two.

Your product order will be placed in a bag labeled with your name and will be waiting for you at meetings. Please check your order. If it is incorrect, notify one of the staff so a correction can be made immediately.

If you miss your clinic appointment time, you are responsible for making arrangements to pick up your New Direction product and for making up your clinic activities as soon as possible.

Note: According to Public Health law, the New Direction product cannot be returned for credit or refund.

Lab Charges

Initial lab evaluation is arranged as, what we call, “cash labs” since at that time our provider won’t have seen you yet to place an order.

We can now offer New Direction patients a new option regarding payment for monthly labs.

Lab fees can be paid on a cash basis.

So you can elect to pay for labs one of the following ways:

Option 1 – Payment through Insurance and Personal Payment (for remaining charges after insurance):

The cost of labs that are ordered would be filed through your insurance and continue to apply towards your deductibles, co-pays, your insurance specifics..., according to your insurance plan.

OR

Option 2 – “Cash Labs” (Insurance not involved):

The cost of the labs ordered would be charged on a cash basis. Costs would be approximately \$50-70 (more or less depending on what is needed and ordered).

- Note that if special labs are needed the cost would be more than this estimate.
- Be aware that if you chose this option that none of these fees can be applied toward your deductibles, co-insurance, ect.

Please let your Nurse Practitioner, know what your choice is, as she orders labs.

Policy: Attendance, Photography, and Payment

Attendance Policy: Reducing and Adapting Phases

New Direction clients make a commitment to attend support meeting sessions throughout the program, especially in the Reducing and Adapting Phases. When developing our attendance policy we considered the following:

1. Support Meeting/Class attendance is critical to your success.
2. A place is being held for you in your particular meeting.
3. Medical monitoring is mandatory with a Very Low-Calorie Diet (VLCD).

Based on the considerations above, your regular attendance is essential in these phases.

When you are absent from your regular support meeting, you may attend an alternate support meeting (if available). We strongly encourage you to take advantage of make-up opportunities. Please call in advance to make sure there is room for you in the support meeting, and check in so your attendance may be recorded. If absences happen frequently and they are not made up, you may be asked to leave the Reducing Phase.

If you have an individual appointment with the education staff or the medical staff and are unable to keep the appointment, 24 hours notice is appreciated. If you do not appear for an appointment, an absence fee will be assessed.

New Direction Client Photographs

Your photograph will be taken, if you consent to it being taken, by New Direction staff at various times in the program to record your progress.

These photographs will be used only within The New Direction Center *unless you mark the consent giving us permission otherwise:*

If agree upon per consent, your photograph may be used in promotional activities.
(See the consent form at the last of this document.)

Payment Policy

All payments should be made at time of service or as otherwise advised, unless other arrangements have been made with the Director.

Food and Support meetings are to be paid for by cash or check. Please be aware of this as you most likely will pick up your first food order the day of your first appt.

If at any time you have questions about your payment schedule, please see the Director.

Prepayment for services: If you prepaid for services these payments are not refundable.

If you leave the program, you are responsible for any balance on your account.

VLCD - Medical Aspects

Please refer to this section of the Program Manual as questions arise and be sure to discuss any of your concerns with the New Direction staff.

Medical monitoring is mandatory with a very low-calorie diet (VLCD): The medical protocol while on the New Direction VLCD is designed to ensure your safety while you are on the New Direction VLCD program. If you are going to be absent for the monthly health care provider visit, please call the office staff for another appointment as soon as possible. If appointments are missed, you will be charged a missed appointment fee. Please note that if you have health problems requiring certain medications (such as medications for your blood pressure or for Diabetes) you may require more frequent appointments, especially initially.

The staff can be reached at The New Direction center weekdays, or a message can be left on voice mail at any time.

Contraindications (prohibiting factors) to Participation in the VLCD

If you are aware that you have any of the following conditions or medical problems, you must notify the New Direction health care provider immediately. The New Direction VLCD product or any other very low-calorie diet **is not to be used when these conditions are present:**

- Age less than 18 years
- Current age at or over 70
- Cancer, Metastasis
- Bone fractures
- Diabetes mellitus type 1 (Juvenile)
- Endocrine cause of obesity
- Active peptic ulcer disease, active gastric or duodenal ulcers
- Active inflammatory bowel disease
- Liver disease requiring protein restriction
- Renal (Kidney) insufficiency (creatinine clearance 2 ml/min)
- Significant intellectual disability or mental illness
- Heart attack within last 3 months
- Pregnancy (actual or planned) within the next few months. You need to plan to be off of the diet for 1-2 months prior to getting pregnant.
- Surgery or trauma requiring a length of time for healing
- General anesthesia planned.
- Sensitivity to aspartame (NutraSweet)
- Sensitivity to milk protein
- Corticosteroid therapy
- Lithium treatment
- Treatment with phenothiazines tranquilizers, eg. Haldol or Thorazine
- Use of certain pain and arthritis medications

Also:

- Current active Gallbladder disease
- History of stroke

Side Effects

From time to time, you may experience side effects while taking the New Direction VLCD product. These side effects are usually mild and temporary as your body adjusts to a new diet regimen. Any persistent effects should be reported to the New Direction nurse or health care provider. The most common side effects are:

Hypotension (Low Blood Pressure)

At the beginning of the very low-calorie diet, there is increased water loss in urine, resulting in lower blood volume and lower blood pressure. If you move quickly from a reclining to a standing or a sitting position, blood may not reach the brain for a second or two. Reduced blood supply to the brain makes you feel dizzy, feel light-headed, or see black spots before your eyes.

Drink plenty of water and other calorie-free liquids to keep your blood volume normal. Take all prescribed packets of the New Direction VLCD product since carbohydrate and sodium in the formulation help prevent this situation.

If you perspire heavily, or are out in hot weather, it may be advisable to take 1-2 servings of regular bouillon to replace sodium and raise blood volume. **If you have a history of high blood pressure, see the nurse or consult the health care provider before using bouillon in this manner.**

Note: Because of low blood volume, do not give blood while in the Reducing & Adapting Phases of the VLCD.

Fruity Breath

When you are in ketosis, you will exhale acetone as you breathe. Acetone has a fruity odor. You may want to use mouthwash..., sugar-free breath mints, or sugar-free chewing gum.

Fatigue Euphoria

For most clients, fatigue is not a problem. Delay beginning a new program of physical activity for a week or two if you experience fatigue. Many clients report increase energy levels after the first week or two.

Headache

You may experience a headache during the first few days on the New Direction VLCD. This may be caused by reducing caffeine too rapidly or by a shift in body fluid or blood sugar. Contact us for guidelines to follow. You may use Tylenol or other acetaminophen-containing products, but do not use aspirin.

Muscle Cramps

Be sure to take all prescribed packets of product in order to meet your nutrient requirements. If muscle cramps are troublesome, report them to the staff.

Foot Drop

A very rare and relatively temporary problem when associated with weight loss is foot drop or numbness in the lower part of the leg resulting from the habit of crossing your legs at the knees and compressing a nerve at the back of the knee. This nerve becomes more exposed as you lose fat and is more sensitive to pressure. To prevent this, avoid crossing your legs.

Constipation or Diarrhea

Diarrhea can result in excess fluid and mineral losses and should be reported to the New Direction health care provider. Constipation is defined as hard stool or reduced volume and/or frequency of bowel movements. If you experience any abnormal bowel movements, talk with the New Direction health care provider or nurse. If you experience either, for more than 3 days, call the New Direction office.

You are strongly advised to begin a fiber supplement when you begin the New Direction VLCD. This will help to minimize or alleviate abnormal bowel movements.

For constipation, products that may be helpful include SUGAR FREE CITRUCEL OR SUGAR FREE METAMUCIL.

Dry Skin, Cold Intolerance, Brittle Hair, Temporary Thinning of the Hair

These effects are usually associated with lower levels of thyroid hormone. This lowered level is the normal adjustment the body makes to a lowered caloric intake. Not everyone experiences these effects and they are temporary. After fasting, your caloric intake increases and your thyroid level returns to a normal level and these effects reverse, usually 3-6 months on program.

Menstrual Irregularities

Tests for pregnancy should be done if a menstrual period is missed or late. The diet must be discontinued if pregnancy is discovered.

Temporary Rise in Liver Enzymes and Hyperuricemia

These side effects are detected by laboratory tests and will be monitored throughout the Reducing Phase.

Anemia

Hemoglobin and hematocrit tests will be evaluated during screening and will be monitored if necessary during the Reducing Phase.

Cardiac Arrhythmias (abnormal heart rhythms)

An EKG will be done initially and after every 50 pounds of weight loss to determine if any abnormality has occurred. The risk of cardiac arrhythmias will be minimized by taking all of the New Direction product prescribed for you, ensuring an adequate intake of protein and electrolytes.

Gallbladder Symptoms and Gallstones

Studies have shown there is an increased risk of gall bladder symptoms and gallstones during weight loss. For clients with a history of gall bladder symptoms, weight loss may cause symptoms to recur. Any pain in your abdomen should be reported to the New Direction health care provider or nurse or if severe you should be evaluated at an urgent or emergency setting.

Medical Monitoring

Medical monitoring is an essential component of the program. Every week during the Reducing Phase and the Adapting Phase, your blood pressure and weight will be monitored. Once a month during these two phases or as advised/ordered otherwise, lab work will be done.

For your safety, the New Direction Center staff must be adamant about the lab work necessary to monitor your body's response. Failure to have lab work drawn at the appropriate intervals will necessitate your withdrawal from the program. You will see the New Direction health care provider once a month and additionally when necessary. The New Direction health care provider will give medical advice on problems related to the fasting program and will refer all other health issues to your primary health care provider.

New Direction Health care provider Visits

After the initial screening, you will see the New Direction health care provider once a month. During this time you will have a one-on-one consultation with the health care provider.

Between your scheduled health care provider visits, the Nurse Practitioner reviews your labs and any other medical concerns expressed. The New Direction staff will contact you if the health care provider orders any change in your care as a result of lab tests or other medical concerns. If at any time you have medical concerns, please contact the New Direction nurse or Director. If necessary, the New Direction staff will contact the Nurse Practitioner or your Primary Care Provider. The New Direction health care provider is to consult only on matters related to your participation in the New Direction program. He/She is not to take on the role of your primary care physician.

Primary Health Care Provider Update

During the course of your enrollment in the New Direction program, with your consent, your primary health care provider will be notified of your entrance and progress in the New Direction program. Your health care provider will receive reports on your progress and will be given any additional information relevant to your care.

Weekly Record Keeping

Every day you will keep a record of your New Direction product intake and your fluid intake. You must bring this record to clinic each week to have it reviewed by the New Direction staff. Please use the *Week in Review form and logs provided (soon to be available on line)*. Please answer all questions as completely and as accurately as possible. The New Direction staff will review your responses and will direct any problems or concerns to the appropriate staff person.

Emergency Medical Procedure

Should you need to speak with the nurse or health care provider during New Direction office hours, please call the New Direction office. Should an emergency arise during the evening or weekend, please call your family health care provider and/or go to the Emergency Room. If this situation occurs, please also keep the New Direction staff or Nurse Practitioner informed.

Medicines

The requirement for certain medications may be decreased while you are on the New Direction VLCD. Be sure to list all your medications on your Client Application. The New Direction health care provider will review your medications and will give you specific instructions for any changes. Be sure to report any new medication prescribed for you by your primary health care provider as you go through the program. Any questions regarding your current medications and needs for adjustment should be directed to the New Direction health care provider.

Exercise

Clients will be encouraged to begin a regular exercise program at approximately 3 weeks in the New Direction program. (No exercise the first week.) Development of regular exercise habits is a prime indicator of success in maintaining weight control.

The exercise educator will be working with you in the clinic/meeting sessions once each month throughout the program. If at any time you need assistance with your exercise program, please do not hesitate to set up an individual appointment with the exercise educator or Nurse Practitioner or a personal trainer of your choice.

Behavioral or Psychological Consultations

Behavioral or psychological consultations may be useful any time you have a specific concern or problem. A consultation may be helpful as you are changing your lifestyle, controlling your eating behavior, coping with stress in your life, or dealing with family members through this time of change. The New Direction behavioral educator or Nurse Practitioner are available for individual appointments or a referral can be made to a psychologist, counselor or marriage and family therapist or to an agency or private practice in the community.

VLCD - Moving to Adapting and Sustaining Phases

Nutritional Counseling in the Adapting Phase

At the time you are about to enter the Adapting Phase, that is, when you are at or very close to your goal weight, you will work with the nutritional educator to develop a Sustaining plan and to address your questions and concerns about moving on to the Sustaining Phase.

About the Sustaining Phase

The Sustaining Phase is one of the most important phases of the New Direction program. Your weekly participation in this final phase is encouraged for 6-12 months or it is highly recommended that you continue in the Sustaining Phase for the same length of time you spent in the Reducing Phase. Keep in mind that you may return to the Sustaining Phase any time when you identify the need for weekly weigh-ins, the support of your group and the staff, and a renewed focusing of your goals and strategies.

Keeping a Food Diary

When you have entered the Adapting Phase and the Sustaining Phase, you will continue keeping your food records. Your diary is reviewed each week as you are striving to integrate new behaviors into your lifestyle. Do not hesitate to record any item; this food diary is designed to help you begin to see a pattern in your eating behaviors.

Attendance Policy for the Sustaining Phase

The needs of individuals in the Sustaining Phase are much different than those of Reducers and Adapters. Support Meeting attendance is even more critical in this phase. Sustainers will be encouraged to attend regularly for at least 6-12 months. All Sustainers will be charged only when they attend meetings or as otherwise arranged.

LCD - Medical Aspects

Please refer to this section of the Program Manual as questions arise and be sure to discuss any of your concerns with The New Direction Center staff.

Medical Screening

Safety is considered an essential element in any weight management program, including those that involve moderate weight loss. Thus, the New Direction Low Calorie Diet (LCD) program protocol includes a medical screening process.

Contraindications (prohibiting factors) to Participation

If you are aware that you have any of the following conditions or medical problems, you must notify The New Direction center staff and your health care provider immediately. Weight loss may not be appropriate when these conditions are present:

- Cancer, metastatic
- Age at or over 70
- Endocrinologic cause of obesity
- Active inflammatory bowel disease
- Major surgery or trauma requiring a length of time for healing
- Significant intellectual disability or mental illness
- Heart attack within last 3 months
- Sensitivity to Aspartame (NutraSweet)
- Allergy to milk proteins
- Bone fractures
- Pregnancy
- Renal insufficiency

The Diet Component

The diet component of New Direction LCD gives you the choice of an all-food diet or a combination of a nutritionally complete product(s) used as a meal replacement, with at least one meal of regular food. Calorie ranges are assigned to achieve a 500-calorie deficit from normal intake, which results in total calorie intakes of 900 to 1500 calories, depending on your height, frame size, and projected normal calorie requirement. You are advised to follow the guidelines for your meal pattern and New Direction products in order to meet protein requirements, vitamin/mineral requirements and to prevent electrolyte disturbances.

A variety of products with 10-12 grams of protein in various categories are available to integrate into your meal planning. Ask one of the staff members to inform you of all the additional New Direction varieties, and also if implementing a New Direction 15 gram protein bar is another alternative.

The LCD is designed to promote a weight loss of 2-3 pounds per week.

Keeping a Food Diary

You will begin keeping your food diary as soon as you have completed your nutritional screening and will continue throughout the program. Do not hesitate to record any item; this food diary is designed to help you begin to see a pattern in your eating behaviors. Your and nutritional educator or Nurse Practitioner will review your food diary each week as you are striving to integrate new behaviors into your lifestyle.

Side Effects

Side effects are minimal on real food combination real food/meal replacement combinations. Most common side effects are:

Constipation

To help eliminate the possible side effect of constipation, the New Direction Chocolate Beverage with Fiber product is formulated with 5 grams of fiber in each packet, and the Fulfill Fiber Drinks and Gelatins also provide 5 grams of fiber per packet. Your meal plan will provide additional fiber. However, if you experience constipation, the following guidelines may help. Constipation can be harder stool or just reduced in volume and/or frequency of bowel movements. If you experience any abnormal bowel movements, talk with the New Direction diet educator. Over-the-counter products acceptable for treating these effects include Sugar-free Metamucil and Citrucel.

Gallbladder Symptoms and Gallstones

Studies have shown there is an increased risk of gall bladder symptoms and gallstones during weight loss. For clients with a history of gall bladder symptoms, weight loss and any low calorie program may cause symptoms to recur. Any pain in your abdomen should be reported to your health care provider but if severe to seek evaluation at an urgent or emergency care setting.

Primary Health Care Provider Update

During the course of your enrollment in the New Direction LCD program, with your consent, your primary health care provider will be notified of your entrance. If at any time you have medical concerns related to your weight loss, contact your primary health care provider for care and notify and the New Direction center staff.

Medicines

The requirements for certain medications may be decreased while you are on the reduced calorie intake. Be sure to list all your medications on your Health and Exercise Readiness Questionnaire so your health care provider may review them and give you specific instructions for any changes. Any questions regarding your current medications and needs for adjustment should be directed to your health care provider.

Exercise

The exercise component of New Direction LCD program includes guidelines from the Exercise Educator to help you design your own home-based exercise program to achieve moderate exercise intensity, 50% to 80% of age-predicted maximum heart rate. The Exercise educator will be working with you every 3-4 weeks in the meeting sessions throughout the program. If at any time you need assistance with your exercise program, please do not hesitate to call the Exercise educator or the Nurse Practitioner or to contact a personal trainer of your choice.

Behavioral or Psychological Consultations

Behavioral or psychological consultations may be useful any time you have a specific concern or problem. A consultation may be helpful as you are changing your lifestyle, controlling your eating behavior, coping with stress in your life, or dealing with family members through this time of change. The New Direction behavioral educators or Nurse Practitioner are available for individual appointments or a referral can be made to a psychologist, counselor or marriage and family therapist or to an agency or private practice in the community.

LCD - Moving to Adapting and Sustaining Phases

About the Adapting Phase

When you arrive at or near your goal weight, you will be ready to begin the Adapting Phase of the New Direction LCD program. In Adapting, you will be making some adjustments in your eating and exercise behaviors.

By now, you will have learned the key skills for establishing healthy eating, exercise, and personal effectiveness behaviors. So during the Adapting Phase, you will:

- Replace your New Direction products with healthy meals
- Establish an appropriate calorie level for weight maintenance
- Learn more about nutrition
- Continue your exercise program
- Identify how to use your newly learned skills to manage your new weight and prevent relapse.

About the Sustaining Phase

The Sustaining Phase is one of the most important phases of the New Direction LCD program. Your participation in this final phase is strongly encouraged for a minimum of four months. When you decide you no longer wish to attend, just let us know. Keep in mind that you may return to the Sustaining Phase any time when you identify the need for weekly weigh-ins, the support of your group and the staff, and a renewed focusing of your goals and strategies.

Keeping a Food Diary

When you have entered the Adapting Phase and the Sustaining Phase, you will continue keeping your food and activity records, as you are striving to integrate new behaviors into your lifestyle. Do not hesitate to record any item; this food diary is designed to help you establish healthy patterns in your eating behaviors.

Attendance Policy for the Sustaining Phase

The needs of individuals in the Sustaining Phase are much different than those of Reducers and Adapters. Meeting attendance is even more critical in this phase. Sustainers will be encouraged to attend regularly for at least 4 months. All Sustainers will be charged only when they attend meetings or as otherwise arranged.

New Direction Products

- New Direction Meal Replacement product options – See order form (on-line or print copy available in our office).
- Each box of meal replacements contains, seven servings, enough for seven meals.
- (VLCD)
 - Most individuals will plan to use a total of 4 meal replacements per day (4 boxes at 7 meal replacements each, per week), unless directed otherwise.
 - Also, you may want a box of 14 gm bars (for variety). There are 7 bars per box and 2 bars can be used as one meal replacement or one bar can be used as a snack.
 - Soup choices – Do not consume more than 2 servings of soup/day.
 - For individuals at 5' 4" to 6' 4" -- Four meal replacements provide all of your protein, your vitamin and your mineral needs.
 - If you are over 6'4" tall, you may need to use 5 total meal replacements per day to meet your protein and nutritional needs.
 - If your height is less than 5' 4" you may need to reduce meals to a total of 3 meal replacements a day, (spread out evenly through the day) as your maximum protein needs are less.
 - **Your energy or calorie needs (beyond the 600-800-900 calories consumed in 3-4-5 meal replacements, respectfully) will come from fat tissue, once you are in ketosis (the result of burning fat for energy! A good thing).**
- Consume all servings suggested, at planned, regular intervals.
- Order extra products in case of bad weather or vacation...
- (VLCD) Note emergency food plan. Use this plan if you are somehow without your products...

Safe Use of the New Direction Products

In order to safely consume the New Direction product, several specific directions should be followed:

- You must take the prescribed number of packets per day in order to prevent protein depletion and vitamin, mineral, and electrolyte disturbances.
- Two quarts (64 ounces) of non-caloric fluid must be consumed in addition to the 9 ounces mixed with each packet of powder. Suggested fluids are water, decaffeinated black coffee or tea, decaffeinated diet soda, Crystal Lite fruit-flavored drinks, diet jello, and salt-free bouillon. Intake of carbohydrates in these liquids may not exceed 10 grams a day. Do not use cream or sugar. A calorie-free sugar substitute may be added.
- Consume no more than 2 servings of soup per day so that you avoid exceeding recommended sodium (salt) intake.
- Keep your shaker clean and dry between uses. Wash it in the dishwasher (top rack) or in warm soapy water to prevent retention of odor and bacterial contamination. Ask for a replacement shaker if you need one.
- The desire to chew may be helped by chewing sugarless gum or breath mints. In addition, either will help relieve fruity breath caused by ketosis. Be sure to count the carbohydrate content of these items in your carbohydrate total for the day.
- Do not consume alcoholic beverages while you are on the New Direction VLCD product.
- Should you become pregnant, or suspect that you are pregnant while taking the New Direction product, please notify us immediately.
- If an emergency situation leaves you without a supply of product, follow the emergency meal plan (described later in this document), and contact the New Direction staff for instructions.

Product Mixing Information

New Direction Shakes

- Each packet should be mixed with approximately 9 ounces of water (very cold water or ice water is usually preferred), or per the instructions in your recipe book.
- Fill New Direction shaker cup or Blender Bottle with water, then add powder, and shake or stir.
- If using a blender, set on lowest speed for 30 seconds.
- Consume the shake within one hour of preparation or refrigerate and use the same day.
- Vitamins and minerals may settle to the bottom of the glass.

New Direction Puddings

- Reconstitute with 6-7 ozs plain water.
- You may also enjoy adding more water (12-16 ozs) to make a shake.
- Puddings may need some time to set up in the refrigerator.
- Consume the pudding within 24 hours of preparation.

New Direction Soups / Hot Cocoa / Mocha Beverage

- Reconstitute with 9 ozs plain water.
- Fill New Direction shaker cup or mug with cold water first, and then add powder, stir, and microwave 60-90 seconds to heat through, stir.
- If product is heated longer, the protein may react to the heat and cause clumping.
- Consume no more than 2 servings of soup per day so that you avoid exceeding recommended sodium or salt intake.

New Direction Recipe Book

You may change the flavor of the product by adding sugar free flavored extracts or diet soda. A compilation of recipes is available to assist you to add variety to your program. This will keep you from experiencing boredom on the VLCD.

Sample Recipe: Cappuccino Shake

Ingredients:

1 pkt Creamy Hot Cocoa Mix	1 tsp Instant Decaf Coffee Crystals
6 oz. Cold Water	½ tsp Brandy Extract
½ tsp. Vanilla Extract	Garnish Cinnamon, Ground
4 Ice Cubes	

Combine all but the Cinnamon in blender for 30 seconds or until blended well. Garnish with Cinnamon and serve.

Emergency Food Plan (VLCD)

If you are in a situation for more than 1 day without your New Direction meal replacements, you can maintain your modified fasting program (VLCD) with an emergency food plan:

For each packet of Nutritional Meal Replacement, you may substitute:

3 OUNCES OF LEAN MEAT, FISH, OR POULTRY AND
3 SODA CRACKER SQUARES OR 2 VEGETABLE SERVINGS, COOKED AND/OR RAW

The Foods on the Emergency Food Plan

Lean meat, fish, or poultry should be prepared without salt or added fat. Remove the skin and visible fat from poultry. Lean meats should be boiled, baked or broiled rather than fried. This amount of protein and starch will duplicate the protein and carbohydrate content of one packet of New Direction meal replacement.

The Food Plan

Divide the food allowance into three portions and space the servings just as you would the New Direction Meal Replacement - as meal replacements for breakfast, lunch, and dinner. You should continue to drink 2-3 quarts (64-96 oz) of water during the day.

Vitamin/Mineral Supplements

When you are without the New Direction Meal Replacement for more than 2 days, supplement your emergency food plan with a multivitamin and mineral tablet to ensure that you receive the USRDA of vitamins and minerals for good health. Longer emergency periods may require daily supplements of potassium, calcium, magnesium and sodium to replace the losses caused by the mild diuretic effect of this high protein diet.

Return to the New Direction Meal Replacements as Soon as Possible

Its nutrient content is carefully designed to meet your nutritional needs while you are losing weight. Save this plan for a true emergency. Overuse will result in slower weight loss.

VLCL and LCD – Commitment – Acknowledgements - Consent

Please read and, if understood, sign for the following (Commitment, Acknowledgement, and Consent for Treatment, forms).

Statement of Commitment

Realizing that losing weight will require a great deal of time and effort on my part,

I, _____ wish to participate in the New Direction program. My strict adherence to the guidelines provided herein is essential.

I must meet medical and behavioral screening criteria established by the New Direction staff before entering the program. If medical problems occur, I must report these to the New Direction health care provider as soon as possible. If these medical problems are unrelated to weight loss, I will be referred back to my primary or family health, provider.

My goal is to lose weight and keep it off! I agree to participate in and complete all phases of the program—Reducing, Adapting, and Sustaining.

I will attend New Direction sessions during all phases of the program and will notify the staff in advance when I am unable to attend. I realize that if my attendance does not meet the attendance requirements, I may be discharged from the program. I also realize that I have the option of leaving the program at any time. If this happens, I must notify the center of my intention to leave the program to prevent additional charges to my account.

I understand that in the interest of my health I must maintain my weight loss once I reach my goal. Therefore, I am making the commitment to understand and practice the lifestyle changes presented in this program. If I find myself having difficulty, even after completing the program, I will not hesitate to contact the staff at the New Direction center for assistance.

I agree to adhere to the New Direction program by being actively involved in the support meetings.

I realize that if I am not complying with the program, I can be discharged.

I understand that the New Direction program offers services during the Reducing Phase for my health & safety:

- Medical and psychological screening before I enter the New Direction System.
- Routine, monthly visits with a New Direction System Health Care Provider or more frequently, especially initially if a health condition dictates otherwise.
- New Direction System sessions that includes information regarding nutrition, behavior modification & exercise.
- New Direction Meal Replacement Products.
- Individual consultation about program-related issues that may be initiated by the staff or by me.
- Weekly medical monitoring of my weight, blood pressure and general progress.
- Monthly blood tests or as ordered otherwise.
- EKG monitoring at regular weight loss intervals.

Acknowledgement

I hereby acknowledge that I have received and read a copy of the New Direction Program Manual/Handbook and understand its contents. I have been given the opportunity to obtain clarification on any questions I may have on its contents.

I have read and do understand the information presented to me on Contraindications (diet prohibiting conditions) and Side Effects in this handbook, including the increased risk of gall bladder disease.

I have read and do understand the Attendance Policy and the Payment Policy.

I understand that the following changes may occur during exercise: injury to soft tissue, injury to bone, abnormal blood pressure responses, pulse irregularities, fainting, and in rare instances, heart attack or death.

I am accepting exercise guidelines in the New Direction Support Meetings and applying them at my own risk. On behalf of myself, my heirs, assigns and personal representatives, I waive, release and forever discharge The New Direction center, its employees and affiliates whosoever from any and all liability, claim, loss, cost or expense arising from or attributable in any legal way to any action or omission to act of any such person in connection with the New Direction center classes/support meetings in which I may participate.

To the best of my knowledge I have no physical condition, which would interfere with my ability to participate in exercise or would endanger my health or life hereby.

I have made the **commitment** to myself to participate fully in the New Direction program.

I do voluntarily **consent to outpatient medical care** encompassing routine diagnostic procedures and medical treatment by the New Direction health care provider or physicians and other employees and agents of The New Direction center.

If I am enrolled in the VLCD I also agree to (the items below):

- purchase and consume the amount of the New Direction product prescribed for me. I understand that the product is my sole source of nutrition.
- weekly medical monitoring of my weight and blood pressure.
- routine (monthly or as otherwise necessary) visits with the New Direction health care provider.
- monthly blood tests (or as otherwise ordered).
- EKG monitoring at regular weight loss intervals.

Treatment Consent Form

AUTHORIZATION FOR EXAMINATION AND TREATMENT

1. I have reviewed the risks and benefits of the New Direction System ("Program") a medically monitored Program for rapid, safe* weight loss and complete education to help manage weight. I knowingly and voluntarily desire to participate in the Program.
2. I am aware that I must meet medical and psychological screening criteria established by the New Direction System program of weight management team before entering the Program.
3. I hereby authorize and consent to have Program health care providers perform complete physical and diagnostic procedures including blood test, electrocardiogram ("EKG"), and possibly a stress test and/or chest radiography for evaluation purposes.
4. As part of the New Direction System continuous medical monitoring is mandatory. Consequently, upon acceptance to the Program, I willingly agree to have this monitoring performed (blood tests, periodic EKG, and other tests as indicated).
5. I am aware during the fasting period possible side effects may occur from ketosis. Ketosis is an increased amount of fat by-products (ketone bodies) in the body due to altered nutrient composition of the diet (low carbohydrate). These side effects include dizziness and fruity breath. Less common, but possible side effects are fatigue, leg cramps, missed or late menstrual periods, dry skin, temporary hair loss, sensitivity to cold, diarrhea, constipation and gallbladder dysfunction.
6. I understand that foot-drop is a rare transitory side effect of weight loss.
7. I understand that any weight loss regimen increases the chance of gallstone formation.
8. If medical complications unrelated to weight loss arise during the Program, I am fully aware I will be referred back to my private health care provider for treatment and evaluation.
9. I recognize that if I should become pregnant my participation in the (if applicable) Program must be discontinued.
10. I understand that I will pay for my Products and Program services on a weekly basis or as otherwise advised. I understand that it is my responsibility to pay for these services myself. I will provide, necessary and pertinent information requested in connection with any applicable insurance coverage. However, I understand that I am fully responsible for payment of the entire charges regardless of whether I have or believe I have insurance coverage, which would apply.
11. I understand that New Direction weight management team is available to answer my questions regarding this Program and possible side effects.
12. No guarantee has been given to me by anyone as to the results that may be obtained.
13. Having been advised of the above, I authorize and consent to the performance of the procedures and other treatment of the Program.

* Health care provider monitoring is required to help minimize the potential for health risks.

I have read all the above statements (within the Commitment, Acknowledgement, and Consent for Treatment, forms) and understand their meaning. It is my wish to participate in the New Direction program under the conditions described.

Note: If you fully agree and understand you will be asked to sign this consent when you come to your first appointment.

Participant

Date

Health Care Provider

Date

Photo Consents:

Personal Progress Photo:

- I give permission for my photo to be taken for my medical record.

Program Promotional Photo:

- I grant permission for my photos to be used for the purpose of promoting the New Direction Weight Loss Program, a subset of the Heartland Regional Health Clinic and Great Bend Regional Hospital.

Or:

- I do not give permission for my photos to be used for promotional purposes.

Participant: _____

Date: _____

Your signed copy of this consent will be kept on file in The New Direction Center.