



Winning the Fight Against Fat

Dr. Sara Stein has taken the lead in the fight against adult obesity. Find out how her *Stein Wellness Centers* help obese and overweight clients lose weight—and reclaim their health.

Following a staggering 100-pound weight loss, Dr. Sara Stein created *Stein Wellness Centers*, in Woodmere. Her scientifically based program is helping others achieve the same success.

by **Nina PolienLight**
Contributing Writer

Despite trim parents and a love of swimming and playing tennis, Dr. Sara Stein was an overweight child who grew up to be an obese adult.

“I used to go to stores and the clerk wouldn’t even look me in the eyes,” she recalls. When the successful psychiatrist and former director of Kaiser Permanente’s obesity clinic turned 50, she developed chronic pain, brain fog, hypertension, sleep apnea and arthritis. She considered bariatric surgery, but acknowledged that a third of patients regain the weight. She also knew she wasn’t depressed.

Why couldn’t she stop eating?

“I put on my scientist’s cap and realized that the eat-less-move-more approach fails 95% of the time,” she says. “But data proves that obesity is an inflammatory disease. You wouldn’t tell people with rheumatoid arthritis or lupus to get on a treadmill and starve themselves. Obesity is not a character flaw.”

These realizations led to Dr. Stein’s remarkable 100-pound weight loss, her popular book, *Obese From the Heart*, and the creation of *Stein Wellness Centers*, in Woodmere.

If your jeans are a little snug, this is not the place for you.

Unlike typical weight loss programs, Dr. Stein and her staff specifically work with

obese individuals or those with a repeated history of weight loss failure to identify and change the root of their weight gain. It’s rarely because of emotional eating, she points out. Instead, obesity is a medical, psychosocial and spiritual condition.

As the Crain’s 2011 Physician Healthcare Hero Award winner, Dr. Stein’s evidence-based program addresses each person with respect while identifying—among other things—nutritional deficiencies, food sensitivities, altered genetic expression and sources of stress.

And she practices what she preaches.

When Dr. Stein improved her nutritional status, her food cravings diminished. A daily treat of one-and-a-half ounces of dark chocolate made from 70% cocoa met her body’s need for essential fatty acids, lowered stress hormones and satisfied cravings for sweets. She now instructs clients to enjoy chocolate, but cautions it must contain the correct amount of cocoa.

Likewise, food sensitivities cause inflammation, which leads to chronic pain and metabolic abnormalities. Eliminating offending foods resets metabolism and controls weight. For Dr. Stein, that meant cutting out gluten and adding vitamin and mineral supplements.

Dr. Stein calculates each client’s basal metabolic rate, or the number of calories a person needs daily to function. Clients must consume these calories or their bodies kick into starvation mode, store fat

and gain weight.

When clients arrive, they are greeted by a receptionist at a “treadmill desk.” They receive a body composition analysis at every medical appointment. This measures body fat, resting metabolic rate and other important factors. Depending on the reason for their visit, clients may enjoy a restorative or chair yoga class to reduce stress and build strength, consult with a dietitian or counselor, or undergo a whole-body vibration treatment, which builds bones and reprograms the cerebellum, or balance section of the brain.

Several options are available. The program is based on an intensive adherence treatment model, which includes wrap-around frequent services both in-person, by phone, and virtually.

A \$1,550 six-month or \$1,875 yearly program includes unlimited group medical, therapy and nutrition appointments as well as unlimited group exercise classes. Newsletters, virtual support by email, Skype and secure Instant Messaging, teleseminars and case management calls are included. “For the best success, patients should plan on 7 contacts with us per month in any form,” adds Dr. Stein.

The Do-It-Yourself Program features an initial assessment with Dr. Stein, an assessment and full use of the virtual coaching program for \$795 per year. The Virtual Coaching Program (\$36 a month) is computer based and includes two personal emails, a live monthly teleseminar and weekly newsletters. Individual services, biofeedback, testing and medications are billed separately. Some costs may be reimbursable by insurance.

“Our bodies are healing machines and have the capacity to correct almost anything given the ability to heal,” marvels the doctor, who won the Kaiser Permanente Humanitarian Award for Community Service for her work on obesity in 2010.

“We are absolutely restoring people to health.”

Stein Wellness Centers is located at 27600 Chagrin Blvd., Suite 360, in Woodmere. The phone number is 216-831-4650 and the web address is www.SteinWellness.com.



Certified OM Yoga Instructor Carol More helps a patient strengthen and improve flexibility.

A Mimi Reader Exclusive!

Throughout the month of July, *Stein Wellness Centers* is offering Brain Mapping to qualified individuals for just \$195, normally \$595, when this story is mentioned. But hurry, this offer is limited.

Tour the Center!

Stein Wellness Centers is offering tours of its Woodmere facility with free Body Composition Analysis every Tuesday in June to obese individuals or those with a repeated history of weight loss failure. This offer is available by appointment only; call 216-831-4650.



To learn more about how Dr. Sara Stein uses her experiences to help others conquer obesity, visit her blog at www.obesefromtheheart.com.