

# 2024 WEIGHT MGMT RESOLUTION



Are you planning your New Year revolution? Does your revolution include fitting some of your favorite dresses? You are not alone. Let's take a look at the weight management option in 2024.

If you're interested in our telehealth service for weight management, check it out



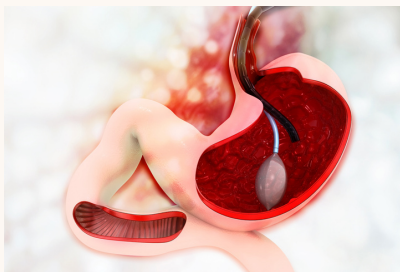
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# EXPLORING VARIOUS WEIGHT MANAGEMENT OPTIONS 2024



## 16:8 Fasting Plan

- One popular method is the 16:8 diet, also known as intermittent fasting (IF). This involves eating within an 8-hour window and fasting for the remaining 16 hours of the day. It can help reduce calorie intake and improve metabolic health.



## Endoscopic intragastric balloon

- Endoscopic intragastric balloons are another option. This non-surgical procedure involves placing a balloon inside the stomach to reduce space and limit food intake.



Reference: [SoCal Digestive Wellnes](#)

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## Wegovy and Zepbound

- Pharmaceutical advancements have also provided new options. Medications like Wegovy and Zepbound have been developed to aid in weight management. These work by altering hunger and satiety signals in the brain, helping to reduce appetite and increase feelings of fullness.



## Calorie Counting

- Calorie counting is another effective strategy. You can create a calorie deficit by tracking the calories you consume and burn, which is key to losing weight.



## Endoscopic sleeve gastrectomy

- A relatively new technique, endoscopic sleeve gastrectomy, involves reducing the size of the stomach endoscopically. This makes you feel full quicker, thereby decreasing food intake.

  
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