

DR. SONI **SOLUTIONS**

The Science of Sequential
Healing for Brain and Body

Prabhat Soni, MD
FCCP, DABSM, DABOM, DAAAM, ABAARM

We utilize a combination
of FDA approved
medications and well as
bio-available dietary
supplements to re-calibrate
your metabolism
efficaciously.

Our customized protocols
are supervised by a board
certified Bariatric/Obesity
Medical Specialist.

SLEEP & SEX FITNESS
MEDICAL INSTITUTE
and more...



DR SONI
SOLUTIONS

Prabhat Soni, MD,
FCCP, DABSM, DABOM,
DAAAM, ABAARM

8 Board Certifications

Bariatric / Obesity Medicine
Sleep Medicine
Anti-Aging / Hormone / Regenerative
/ Stem Cell Medicine
Aesthetic and Cosmetic Medicine
Pain Management
Pulmonary and Allergy Medicine
Critical Care
Internal Medicine
Assistant Professor at Weil Medical
College-Cornell University

(718) 787-1900

sleeptobeslimnyc.com

the SLIM
SOLUTION

MEDICAL WEIGHT
MANAGEMENT

SLEEP & SEX FITNESS
MEDICAL INSTITUTE
and more...



DR SONI
SOLUTIONS

Prabhat Soni, MD,
FCCP, DABSM, DABOM,
DAAAM, ABAARM



THE SLIM SOLUTION

Not all weight management methods are created equal. Dr. Soni Solutions focuses on true fat loss and inch reduction as opposed to muscle, bone and water loss. Learn what, how and when to eat:

- Meal consumption frequency and volume
- Frequent small meals to stabilize sugar spikes
- Upgrades to organic, low glycemic food selections
- To implement mind over matter exercises to escape the un-natural life



TRUE FAT LOSS

WHAT MAKES THIS DIFFERENT?

The Slim Solution is not limited to the boundaries of weight loss associated with classic dieting programs, destined to be followed by potential weight gain. Our proprietary approach is to use the **waistline measurement as the direct correlation to your life line** and overall quality of health, thus inch loss is the superior determining success value factor.

WHAT ARE THE METHODS OF ASSESSMENTS?

We use unique methods of assessments including a **BODY COMPOSITION EVALUATION** to determine your specific ratio of fat, water, muscle and bone; the goal is to maximize fat loss while maintaining muscle and bone mass

We address the both the medical and emotional causes for the weight problem and use a **7 point fat loss** program for weight management.

IS THE PROGRAM COVERED BY MY INSURANCE?

Medical weight management is typically covered by most insurance plans, however we recommend that you consult with your carrier.



- Fat Facts -

Coconut and avocado oils burn bad fats while increasing good hormones, whereas fat free diets trigger hormone imbalances.

