

1 MY PHILOSOPHY

Providing a personal education for each patient with honest answers about options, expectations, and lasting results.

2 MY FAVORITE VACATION SPOT

Los Cabos

3 MY EXERCISE REGIMEN

Cardio, weights, cycling

4 IN MY FREE TIME

I enjoy spending time with my family, landscaping, beekeeping, golfing, and travelling.



*M. Dean Vistnes, M.D., and
Melissa Naylor, MSN, FNP-BC
of SkinSpirit*

About M. Dean Vistnes, M.D.

Recognized as an expert in his field, Stanford trained Dr. M. Dean Vistnes is board certified by the American Board of Plastic Surgeons. Dr. Vistnes is currently in full-time private practice in Palo Alto, devoted to both aesthetic surgery and non-surgical treatments. Having recognized the growing demand for non-invasive procedures such as laser hair removal, skin rejuvenation, BOTOX® Cosmetic, IPL and fillers, Dr. Vistnes founded SkinSpirit, Skincare Clinic & Spa in Palo Alto, Walnut Creek, and Mill Valley.

Most recently Dr. Vistnes turned his years of passion in health and nutrition toward designing a medically supervised weight loss program. With his team of medical and nutrition experts he designed the REBALANCE metabolic weight loss program. "We believe that with just a few small changes in your diet and lifestyle, you can have a tremendous impact on your metabolism and your body's natural ability to burn fat and build muscle." Dr. Vistnes and his expert staff have developed an unparalleled reputation as quality providers of the most-advanced, proven treatments across Northern California.



M. DEAN VISTNES, M.D.

SKINSPIRIT PALO ALTO • 650.324.9600
REBALANCE@SKINSPIRIT.COM • WWW.SKINSPIRIT.COM



GENTRY HEALTH & BEAUTY ADVISOR

M. DEAN VISTNES, M.D.

SKINSPIRIT MEDICAL DIRECTOR

CREATOR OF REBALANCE METABOLIC WEIGHT LOSS PROGRAM

Reset and REBALANCE your metabolism to lose weight and keep it off.

You have tried every weight loss diet and program out there: low carbs, high protein, HCG, eliminate the fat, count points, abolish sugar, replace meals with shakes and bars, cut calories, skip meals—the list goes on. And if you are like most people it either didn't work or it didn't last. Frustrating? Ever wonder why it's so difficult? The answer lies in science and medicine.

Your weight is a function of three different core variables: Metabolism, nutrition, and activity. To be in control of your weight, you must understand how you can change each of these to your advantage. We have always believed we are powerless to change our metabolism but new data shows that you can actually increase your metabolism by eating and avoiding certain foods. Combine this with a bit of activity and the knowledge of good nutrition and it's amazing how easy it is to shed pounds and keep them off. This approach, based on science and medicine is why the Rebalance Weight Loss Program works better for long term results than any other approach.

Your metabolism determines how you burn and use calories every day and is controlled by many things including circulating hormones. Hormones tell you when you are hungry, they tell you when you are full, and they tell your body what to do with food when you eat it—burn it or store it. Hormones are responsible for a huge aspect of how you

gain weight—and how you can lose it. Unfortunately, hormones can be fooled and “hijacked” by toxins and pesticides, nutritionally deficient foods, lack or excess of certain food groups, stress, and other things. Our goal is to have all your hormones functioning in harmony (like an orchestra) allowing you to burn calories and fat efficiently to lose weight and prevent it from coming back.

We can make our hormone orchestra play beautifully and in tune by controlling the quality and the quantity of what we eat, where it came from, and how it was packaged. To do this we start by recommending a balanced and organically focused diet of a certain number of calories based on a personalized metabolic assessment. No gimmicky food combinations, no severe calorie restriction, nothing that is not sustainable for your long-term healthy lifestyle. We help you optimize your metabolism with proper vitamin supplements and weekly B-12 injections to keep your mood and energy level high, even though you are eating less. Because Rebalance is a medically supervised program, we can also provide prescription appetite suppressants to help you stick with your new plan when it gets difficult. Weekly weigh-ins focusing on body composition and counseling on issues that arise in your program help you make the bridge to a rebalanced metabolism and lifestyle. The weight is over!