



CENTER FOR INTEGRATIVE MEDICINE

TRIM-LIFE[®]

Integrative Medical Weight Management Program

What is TRIM-LIFE?

TRIM-LIFE is an integrative medical weight management program. This six-week program will empower you to manage both your hunger and your weight by addressing body, mind and spirit. You will begin to adopt a brand new relationship with food. If you feel trapped in a cycle of binge eating due to food restriction and fears of deprivation, this unique program can also help you.

What can I expect from TRIM-LIFE sessions?

In TRIM-LIFE, you will learn mindfulness, relaxation and yoga techniques during three-hour weekly sessions. We will also teach you powerful hypnotic tools. The goals are to help participants reduce stress eating, abandon yo-yo dieting and overcome food addictions.

How do mindfulness and relaxation lead to weight loss?

Our mindfulness and relaxation techniques will allow you to change the inner programming that can make sustained weight loss a challenge. We will help you re-regulate your metabolism to burn “hotter,” releasing unnecessary weight. Our TRIM-LIFE program can also help you identify and release feelings that promote cravings and unhealthy eating behaviors. You will learn to identify what you are truly hungry for, and to work on attracting that into your life.

How does hypnosis help to manage weight?

Our TRIM-LIFE practitioners use hypnosis, or hypnotherapy, to help you shrink your stomach to its normal size. This will help you feel satisfied with smaller portions. Hypnosis will also help you eliminate the desire for foods that poison your body. We also use hypnotherapy to pair any triggers for binge-eating behavior with unpleasant associations in your subconscious.

continued



How will I be able maintain progress?

Every TRIM-LIFE participant receives a workbook, along with CD recordings. These will help to reinforce your healthy new lifestyle choices at home. Once you enroll in the program, you will also be invited to join a TRIM-LIFE support group that meets every two months.

Is TRIM-LIFE covered by insurance?

TRIM-LIFE is covered by most insurance plans. Participants are responsible for their insurance co-pays for each weekly session and for a one-time \$40 charge for program materials. (There is no co-pay for Cleveland Clinic employees.)

TRIM-LIFE classes are offered at in the beautiful, serene surroundings of the Wellness Institute at Cleveland Clinic's Lyndhurst campus.

For dates and times of TRIM-LIFE classes, please visit clevelandclinic.org/integrativemedicine.

TRIM-LIFE® was designed by Tanya Edwards, MD, of Cleveland Clinic's Center for Integrative Medicine, and Diane Zimmeroff, LMFT, of the Wellness Institute of Issaquah, Wash.

How to contact the Center for Integrative Medicine about the TRIM-LIFE Program

To learn more about or register for TRIM-LIFE, call [216.448.8611](tel:216.448.8611).

To learn about all Center for Integrative Medicine services, visit clevelandclinic.org/integrativemedicine.