Prolong Your Healthy Years! Regain Your Energy.

Weight reduction can add years to your life, decrease your chances of cancer, heart attack, diabetes, arthritis and improve your immune function.

Moderate obesity can rob you of three years of your life. Excessive or morbid obesity can take ten years off your life – the same as if you smoked.

The Diet Science™ Program was developed by Dr. Birchall for safe, consistent and effective weight loss.

Whether you have 10, 50 or 100+ pounds to lose, it can be done safely under the supervision of a physician, dietition, personal trainer and weight counselor. The Fountain uses a team approach to make sure you get the best possible results.

Hormonal imbalance is checked and corrected. Education about healthy food choices along with nutritional and exercise are the tools provided to make your personalized program a success.

"Get back to your life™" is our mission statement and goal for your effective weight loss. Please read the information carefully. Not everyone qualifies for this advanced program.



Get back to your life.™

the Fountain™

Age Management and Aesthetics

Phone: 216.503.8517
Fax: 216.503.8518

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Suite 360
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Independence, Ohio 44131

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The Diet Science™ Program

Physician Supervised

Custom Weight Reduction

the Fountain™

Age Management and Aesthetics

About The Diet Science™ Program... For Men and Women



Who Qualifies? The Initial Interview

Motivation and good health are the most important qualifications for this program. Weight loss requires some effort, but it is not difficult.

A series of questions and a review of your medical history occurs during an initial interview with your Weight-Loss Counselor. Lab tests to make sure you can safely participate in the diet program are also performed at the initial visit. There is a separate charge for lab tests for hormonal imbalances.

Medical Insurance:

Medical insurance can be billed for hormone testing. Your insurance policy may or may not cover the cost of your Diet Science™ lab tests, prescriptions and supplements.

Physical Exam by Physician and Second Interview

Based on the recommendation of the Weigh-Loss Counselor, the Physician Director of The Diet Science™ Program will review your answers to questions and medical history. A review of the results of the lab tests and EKG is done. This step usually takes a week.

The applicant is requested to have medical clearance from their primary care physician.

Once medical clearance and favorable lab tests results are obtained, the physical exam and initial weigh-in is performed. The charge for the physician consultation is included in the Initial Visit Cost.

Customized Diet Plan Explained

If the results of the physical exam, lab results and EKG show the applicant is healthy enough to safely participate in The Diet Science™ Program, a diet customized for the amount of weight reduction wanted and a program overview booklet called the "Principles of Safe Weight Loss" is given to the qualfied new patient.

Everything about the details of the program is explained to the patient. Prescriptions may or may not be needed. Essential supplements necessary for the best results are available at The Fountain Clinic.

Get back to your life™



Program Costs

- *Initial Visit Cost: $275*

  Weekly Visit Cost: $75
- *Renewal or Restart Visit: $165*
- *Annual Visit: $150*
- *Lab charges billed separately – may be covered by insurance.*