

Frequently Asked Questions

Do I have to purchase prepackaged food?

No. You will eat real food from the grocery store until you are full.

Do I have to count points and calories?

No. You get to eat until you are full. Actually... we have you track your calories so we know you are eating enough food.

Is this program safe?

Yes, definitely. It is all natural. Our program contains no medication, no stimulants, and no caffeine.

Is it hard to do?

No. Our program is simple, safe, and sustainable. We meet with you and explain the entire program to you. Then you have a personal coach who you can call and text 7 days a week.

How long is the program?

We have programs from 5 weeks to 1 year.

Will this program interfere with my medication?

No. Our program is all natural and our supplements are food grade quality.

Will Dr. Augello take me off my medication?

No. You will work with your own medical doctors to adjust your medication. We urge you to monitor your blood pressure and your blood sugar (if you are diabetic) because our program is going to balance your blood pressure and blood sugar in a short amount of time.

Does my insurance cover the program?

No. Insurance does not cover our products and services. We do accept health savings accounts, medical savings accounts, and flexible spending accounts. While most accept our receipts, we cannot guarantee your plan will reimburse you.

How often do I have to come into the office?

We recommend once a week but you can come in every other week, every three weeks, or once a month. We even offer programs where we teach you the program and you do it on your own with the help of your coach.

Do I have to exercise?

No. You will use the vibration machine in our office. You just need to stand on it and it does all the work. You are not required to do any exercise, however, you can exercise on your own if you want.

Can I go out to eat?

Yes, just follow our food list. Most restaurants will prepare your food the way you ask to have it prepared.

Do I have to check with my family doctor or specialists before I start the program?

No. Our program is safe for all conditions and does not interfere with any medications you are taking. You are welcome to check with them and Dr. Augello is happy to talk to any of your doctors about what he does.

Where do I park?

We have a convenient parking lot behind our building. Turn into the side street off of Washington Ave.

How long does each visit last?

We recommend allowing about 90 minutes per visit.

Will I meet with Dr Augello?

Yes. Dr. Augello will meet with you periodically throughout your program. He can also meet with you upon request.

Are there maintenance plans available after I lose my weight?

Yes. We offer maintenance programs

Can I add back foods that I cannot eat during the program?

Yes. Our first goal is to get you healthy and return you to your proper weight. Once you achieve that we can add back many foods.

Can I continue to purchase the supplements and shakes when I finish my program?

Yes. In fact we will give you a username and password and a website that you can order the supplements and shakes from and have them shipped to any address you want.

Are the shakes and supplements included in the program?

Yes.

Do you offer financing?

Yes. We offer in-house 0% interest financing once a down payment is made. Depending on which program you choose we will finance you as far out as one year.

Are your products organic?

Yes. In fact they are beyond organic. We use Japanese grade supplementation and shakes which means they are more pure than organic labeling.

How much does the program cost?

We have programs that run from 5 weeks to 1 year. We have full service programs and programs where we teach you what to do and you do it at home with our phone coaching. We can even custom make a program for your specific requests and needs. Because of the many options, prices range from \$499-\$6,999.