



DOCTOR SUPERVISED
CHIROTIN
WEIGHT LOSS PROGRAM

573 Participant Study Shows ChiroThin's™ Effectiveness!

Effects of the ChiroThin Weight Loss Program™ on Weight and Body Size Among Overweight Adults

ABSTRACT

OBJECTIVE:

The ChiroThin Weight Loss Program™ is a 42-day weight loss program that employs the ChiroThin nutritional support formula and the ChiroThin eating program. The purpose of this study was to report on the effects of the ChiroThin Weight Loss Program™ on weight and anthropometric measurements among overweight adults.

METHODS:

This was an observational study that employed a pre-post intervention design. Chiropractors known to prescribe the ChiroThin Weight Loss Program™ to their patients were surveyed to provide data on weight change one-week post program implementation, weight change after program completion (change at 6 weeks), and changes in anthropometric measurements after program completion. Multilevel regression models were used to assess significant weight loss and body size reduction.

RESULTS:

At one-week, average weight loss was 8.82 pounds. At six-weeks, average weight loss was 24.67. Differential effects of patient sex were found, with males losing more weight than females at one week (Females: M = 7.99, SD = 3.10; Males: M = 11.05, SD = 4.00) and six weeks (Females: M = 22.40, SD = 5.36; Males: M = 30.00, SD = 8.86).

Average Weight Loss

Week 1: 8.82 lbs

Female: 7.99 lbs

Male: 11.05 lbs

Week 6: 24.67 lbs

Female: 22.40 lbs

Male: 30.00 lbs

Further, the mean reduction in body size (sum of all anthropometric measurements) was 20.20.

Average Body Size Reduction in 6 Weeks

20.20 inches

CONCLUSION:

The results indicate that the ChiroThin Weight Loss Program™ was an effective treatment for the observed patients, with a strong association between intervention, weight loss, and body size reduction. Positive results were observed within one week of initiating the program, which were sustained throughout the full six weeks. Implications for individuals struggling with excess weight are discussed.