



Weight Loss Resources

Please note: OrthoSC does not endorse any listed services and cannot guarantee the quality of any services rendered

20 Lighter

Information and sign up at www.20lighter.com

Research based, supervised, calorie-managed weight loss program

Program includes:

- Daily check-ins with a 20Lighter doctor using a HIPAA secure mobile app.
- Weekly meal guides and full preparation information
- 20Lighter all-natural supplements and Bluetooth body composition scale
- Simple mobile phone or tablet app-based food journaling
- 2 video conferences session
- Personalized transition plan bringing client back to normal dietary lifestyle and to ingrain new metabolism for long term maintenance

Program all-inclusive costs:

- 20-day program: \$895
- 40-day program: \$995
- Payment plans for either program available through Allied Bank

Myrtle Beach Diet

6507 N Kings Hwy

843-448-4405

Services: Program provides lifestyle modifications and real tools for changing their lives. Healthy products are offered and focus is on education for living a healthy lifestyle in the real world, with medical management available if needed.

Physicians Weight Loss Centers

4887 US-17 Bypass 29577

Phone 843-293-9333

Services: Provides both online and in-center programs. Programs designed to fit any lifestyle combining professional supervision, support and proper nutrition.

Rapid Weight Loss & Esthetics Center

1006 6th Avenue S, Suite 1,

North Myrtle Beach 29582

Phone: 843-491-4050

11883 Plaza Drive

Murrells Inlet 29576

Phone: 843-536-1096

Services: Medically supervised weight and diet control programs that include smart eating, exercise, and lifestyle changes to help achieve and maintain long term weight loss goals.