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# IN NEW YORK

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# Mando Group AB

A healthy weight and wellness program for New Yorkers



The well-known Swedish company Mando Group AB, based at the Karolinska Institute, recently opened a clinic on Manhattan's Upper East Side: Mando Group NY, Inc.

Mando offers two treatment programs to those struggling with unhealthy eating behavior: The Mandolean program treats overweight and obese clients, and the Mandometer program treats clients battling eating disorders. Both types of clients have the same fundamental challenge to overcome—learning and maintaining a normal pattern of eating. This is the focus of the Mando programs, supported by intensive case management and use of the patented Mandometer device.

Clients use the FDA-approved Mandometer—a computerized, talking biofeedback device—during meals to help them eat a healthy amount of food at a normal rate of speed. It also checks in periodically during meals to have clients rate their levels of satiety, so that they can relearn their bodies' normal feelings of hunger and fullness.

Mando also offers intensive case management tailored to a client's needs. The Mando team—including registered dietitian, licensed social worker, and cardiologist—creates an individual program to match each client's schedule, challenges, and goals. It includes a meal plan, physical activity plan, goals list, and schedule of clinic visits.

As a result of normalizing eating behavior and reaching goals, clients attain a healthy weight and find wellness and balance in their lives. Mando also offers group/employee wellness programs for businesses. For more information, visit www.mandonyc.com.

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