

True North Metabolic Expands Physician-Led Weight Loss Care Across Kitchener-Waterloo

Medical weight loss and fatty liver services now available to Kitchener-Waterloo with access for Cambridge and Guelph patients.

KITCHENER, ONTARIO, CANADA, October 20, 2025 /EINPresswire.com/ -- [True North Metabolic](#) announced the regional expansion of its physician-led clinic for comprehensive weight management, men's health, and fatty liver care in Kitchener-Waterloo, with convenient access for patients from Cambridge and Guelph. The clinic integrates medical assessment, nutrition and training guidance, and evidence-based therapies to help adults and adolescents achieve sustainable metabolic health.

True North Metabolic focuses on clinical outcomes rather than quick fixes. The team delivers individualized care plans that account for medical history, lifestyle, and goals. Patients receive a structured path that emphasizes body-composition-informed nutrition, progressive activity, sleep and stress strategies, and when appropriate, medication-assisted options under physician supervision.

The clinic's weight loss pathway supports a broad range of patients, from those seeking first-time guidance to individuals who have struggled with repeated regain. Evaluation includes a review of cardiometabolic risks such as prediabetes, hypertension, dyslipidemia, and metabolic-associated steatotic liver disease (MASLD). When clinically indicated, therapies such as GLP-1-based medications may be considered within a monitored plan that prioritizes safety and adherence.

[Men's health services](#) include assessment for low testosterone using guideline-based criteria, with attention to sleep quality, body composition, and medication effects that can mimic or worsen hypogonadism. When the diagnosis is confirmed and benefits outweigh risks, testosterone replacement therapy may be offered with appropriate monitoring. The clinic also supports recovery for individuals with a history of non-medical anabolic steroid use through its anabolic recovery pathway, focusing on stability, education, and long-term cardiometabolic risk reduction.

Fatty liver care at True North Metabolic addresses the root causes of metabolic dysfunction. Patients receive staging and monitoring plans that align with current practice standards, paired with practical habit design to lower liver fat and improve insulin sensitivity. The approach is realistic and progressive, favoring sustainable changes over extreme dieting.

Patients across Kitchener-Waterloo, Cambridge, and Guelph can complete their initial intake in person, with virtual follow-ups available when clinically appropriate. Physician visits are OHIP-insured in Ontario, while only non-insured services may carry a private fee. Consult notes are shared with referring clinicians to support continuity of care.

Referrals can be faxed to 226-686-0184. Self-referral is also available via the website. For details on the clinic's programs, visit the following pages and use the anchor text form to create hyperlinks as needed after pasting your release text:

True North Metabolic — Weight Loss Clinic: <https://www.truenorthmetabolic.com/weight-loss-clinic>

Clinic Home: <https://www.truenorthmetabolic.com/>

Key benefits for the Kitchener-Waterloo community include physician-led obesity medicine expertise, integrated lifestyle and medical care, access for Cambridge and Guelph patients, and coordinated communication with primary care. The clinic's model is built around practical steps patients can maintain at home, work, and the gym, rather than short-term diets.

For appointment information or referrals, contact True North Metabolic at 226-686-0119 or visit the website at [truenorthmetabolic.com](https://www.truenorthmetabolic.com). Patients seeking structured medical weight loss, evaluation for clinically indicated testosterone therapy, or fatty liver support will find a coordinated pathway that emphasizes safety, education, and measurable progress.

Mike Souza

KWC

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/859592658>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.