Pacific Northwest Medical Group

1,374 Stories

Thirty months. Two clinics. 1,374 people who walked through our door hoping this time would be different. These are some of their stories, and the next one could be yours.



> *"I never in a million years thought this would be possible."*
>
> PATIENT VL, CENTURY CLUB · OCTOBER 2026

WELCOME TO THE CLINIC Puyallup & Federal Way

Inside

Start anywhere. Come back on a hard week.

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1300+	~30	2	14,358
PATIENTS	MONTHS	CLINICS	POUNDS LOST*

Patients are identified by initials. Every number is that patient's own, as reported at the time; individual results vary. *Last 24 months, per our Styku 3D body scans, both clinics, October 2026. Counts only patients who do body scans (roughly 50% of our patients).

A NOTE FROM THE TWO OF US

We're Patients Here Too

Daryl, Clinic Director, and Jennifer



Daryl & Jennifer. In the clinic and out of it.

We don't just run this clinic. We go through the same program you're starting, with the same doubts and the same nerves on day one. Each of us has had our own transformation.

So when we sit down with you for your consult, we aren't reading from a script. We're telling you what we've lived.

We've watched the same thing happen for 1300+ patients. One person at a time, they get their energy back, their confidence back, and their sense of themselves back. Every story is different, and every one still moves us.

We feel truly blessed to do this work. Helping someone through the same kind of change we went through ourselves is a gift, and we never take it for granted.

Here's the part people don't always expect: you keep us going.

Your check-ins, your small wins, the moment you tell us you finally feel like yourself again. That's what brings us back to the clinic every day. We can't wait to meet you.

— DARYL & JENNIFER

PART 1

Where it started

Thirty months ago this was a brand-new clinic and a big idea.

01 Thirty months, 1300+ patients

A LETTER FROM DARYL & JENNIFER WELSH, OCTOBER 2026



May 1, 2024. The Puyallup Chamber of Commerce cuts our ribbon.

Welcome. If you are holding this booklet, you just did the hardest part. You walked through our door.

We started this clinic with one simple belief: losing weight should never feel like ordering something off a website. It should feel like someone has your back. Two clinics and 1300+ patients later, that belief hasn't changed one bit.

Here's what most people never see. The late nights after we lock the doors. The texts answered on weekends. The team huddles where we talk about you: who's struggling, who just hit a milestone, who needs a call this week. We know your names. And when you win, our whole team celebrates like it's their own, because to them, it is.

So this isn't a brochure. It's real stories from people who sat where you're sitting now. Read them on a hard week. Every person in here had one.

Taking care of you is the honor of our lives.

— DARYL & JENNIFER WELSH, CO-OWNERS

02 The first 100 days

FROM THE CLINIC BLOG, AUGUST 2024



April 2024. Balloons out front for our soft opening.

110

ACTIVE PATIENTS IN OUR FIRST 100 DAYS

May 1

PROCLAIMED PACIFIC NORTHWEST MEDICAL GROUP DAY

Wow — 100 days. It went by in the blink of an eye and simultaneously felt like forever.

In those 100 days we passed 110 active patients. We also stumbled through growing pains, process changes, and every lesson a new business can throw at you, usually all in the same week. There were days Jen and I looked at each other and wondered what we'd gotten ourselves into. Then a patient would hit a milestone, or tell us they'd tried everything for fifteen years and this finally worked, and we'd remember exactly what we'd gotten ourselves into.

> *The medication opens the door, but the program is what people actually stay for.*
>
> DARYL, AFTER 100 DAYS

The weekly check-ins. The scans. The MA who remembers your name and your stall from last month. To our first 110 patients: thank you for trusting a brand-new clinic with something as personal as your health. You're the proof of concept, and you'll always be the founding story. — *Daryl*

PART 2

The Century Club

Patients who have lost 100 pounds or more.

03 KB: 308 to 184

WALL OF TRANSFORMATION, MAY 2026



308 lb

DOWN

124

POUNDS

4

MORE TO GO
TO HER GOAL



184 lb

On the left, KB at 308 pounds. On the right, KB at 184. Between those two photos: 124 pounds, and a lot of ordinary days spent showing up.

In May 2026 she became the newest face on our clinic's Wall of Transformation, and a member of the Century Club. With just four more pounds to go, a third celebration is waiting for her at goal weight. You're truly an inspiration to all of us, KB.

WHAT IS THE CENTURY CLUB?

We started it because milestones like this deserve to be permanent. Not a post that scrolls away, but a recognition that someone did something genuinely hard and finished.

Individual results vary.

04 CB: 130 pounds, so far

FROM THE CLINIC FACEBOOK PAGE, 2024–2026

CB is shy and never wanted a photo posted. So we tracked her journey the way she let us: in numbers.

She started in June 2024 at 257.4 pounds. That October she saw a "1" at the front of her weight for the first time in years. By December 20 the chart note read: down 73 pounds in six months and ten days.

130

POUNDS DOWN
SO FAR · MAY 2026

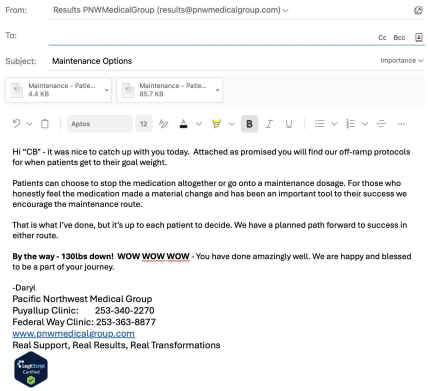
JUN 2024
257.4
Her starting weight

OCT 2024
199.8
A "1" in front, first time in years

NOV 2024
190.8
Down 66.6

DEC 2024
184.4
Down 73 in 6 months

MAY 2026
−130
"WOW WOW WOW"



From: Results PNWMedicalGroup (results@pnwmedicalgroup.com)
To:
Cc Bcc
Subject: Maintenance Options
Importance
Maintenance - Patie... 4.4 KB
Maintenance - Patie... 85.7 KB
Aptos 12

Hi "CB" - it was nice to catch up with you today. Attached as promised you will find our off-ramp protocols for when patients get to their goal weight.

Patients can choose to stop the medication altogether or go onto a maintenance dosage. For those who honestly feel the medication made a material change and has been an important tool to their success we encourage the maintenance route.

That is what I've done, but it's up to each patient to decide. We have a planned path forward to success in either route.

By the way - 130lbs down! WOW WOW WOW - You have done amazingly well. We are happy and blessed to be a part of your journey.

-Daryl
Pacific Northwest Medical Group
Puyallup Clinic: 253-340-2270
Federal Way Clinic: 253-363-8877
www.pnwmedicalgroup.com
Real Support, Real Results, Real Transformations

May 2026. The email Daryl sent CB about maintenance options.

> *By the way — 130 lbs down! WOW WOW WOW.*
>
> THE LINE DARYL COULDN'T HELP ADDING

End of a long day, a routine maintenance email, and one line at the bottom. "I love days like this!"



[redacted] came in to get her medication and weighed in at 184.4lbs.
Her starting weight was 257.4lbs
She is DOWN 73 LBS in 6 mon and 10 days!

Dec 20, 2024. Her chart note.

WHY IT MATTERS

You never have to post a photo to belong here. Some of our biggest stories are told quietly, in numbers, between you and us.

Individual results vary.

05 VL: hand-me-downs from her little sister

FROM THE CLINIC FACEBOOK PAGE, OCTOBER 2026



VL picked up her 100-pound club gift this month and was beaming. Then she said something that stopped all of us.

> *I'm getting hand-me-downs now from my younger sister. I never in a million years thought this would be possible. She was always the skinny one.*
>
> PATIENT VL

Hand-me-downs. From her little sister. That's not a number on a scale. That's a whole life shifting. VL, you made our staff's day. Truly. This is why we do what we do.

MOMENTS WE LIVE FOR

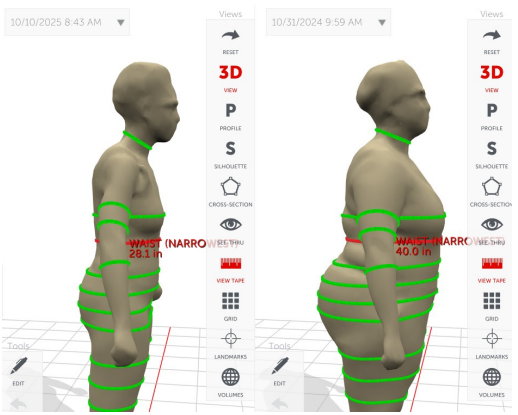
"I've seen grown adults get emotional seeing that '1' on their scan day. There are usually tears and hugs, and always more encouragement from our staff, because the next milestone is already waiting."

DARYL, JULY 2025

Individual results vary.

06 MJ: 97 pounds in 49 weeks

FROM THE CLINIC BLOG, OCTOBER 2025



The 3D scan image from our post about MJ.

97 lb

LOST IN 49 WEEKS

Fat

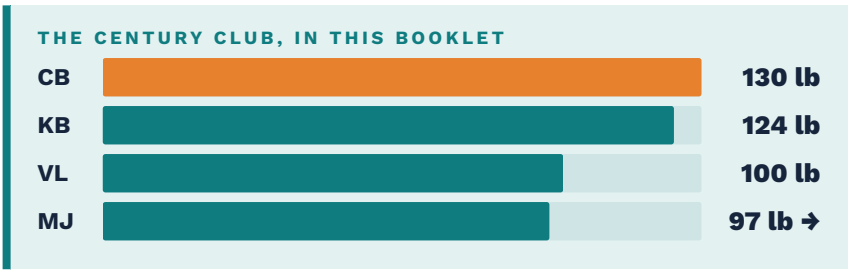
LOSS, WITH MUSCLE PRESERVED AND STRENGTH MAINTAINED

> *No crash weeks, no drama. Just consistent loss stacked on consistent loss.*

ON MJ'S PATH TO THE CENTURY CLUB

MJ kept a steady, disciplined pace the entire way. She hit her protein targets. She showed up for her scans. She asked good questions and actually used the answers. And when the plateaus came (they always come), she worked the plan instead of panicking.

We couldn't wait for the official number to share this. Our note to her said it all: "MJ — from all of us at the clinic: we're proud of you. One more week. See you at 100."



Individual results vary.

PART 3

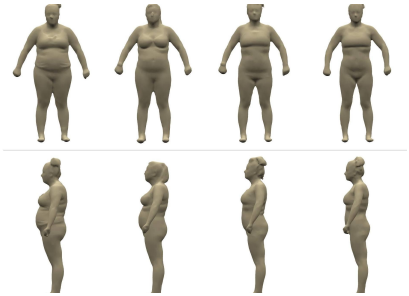
Transformations

Different starting points. Different paces. Same door.

07 CC: 203.9 to 149 in 11 months

WALL OF TRANSFORMATION, OCTOBER 2025





203.9
POUNDS, NOV 2024

149
POUNDS, SEPT 2025

27%
OF HER STARTING WEIGHT

CC pushed well past the 15 to 20 percent loss we usually talk about, dropping 27 percent of her starting weight at about five pounds a month.

The before-and-after photos are striking. Her 3D scans show the change even better. Ask her how she did it, and she'll give you her three secrets:

1. **Attitude** Stay positive through the plateau.
2. **Water** More than 100 ounces a day.
3. **A partner** Someone to work out with.

> *She'll tell you upfront she's the world's worst salesperson. She still can't stop telling people about it.*

Individual results vary.

08 PB: past the goal line

FROM THE CLINIC FACEBOOK PAGE, JULY 2026



PB made this side-by-side himself: at the start on the left, today on the right.

91

POUNDS LOST
260 → 169

His goal was 205. He reached it, looked around, and kept going.

PB dropped below the 170 mark. We're so happy with his improved health, the energy he has now, and the laughs he brings to the staff every time he visits.

PAST THE GOAL LINE: MORE GOAL WEIGHT BAG DAYS

EV set her goal at 170 and weighed in at 169, down 52.9 pounds. "Not just hit it — exceeded it."

EM called to ask, "Hey Daryl, can we talk about maintenance?" She was at 125, five under her goal.

TE went from 175 to 135, 23 percent of her body weight, and moved to maintenance.

HM beat her goal weight by an extra 15 pounds.

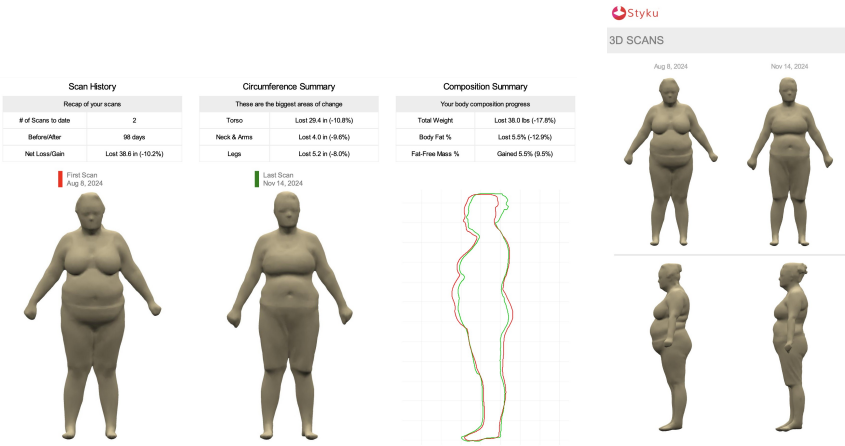


EV's Goal Weight Bag, May 2026.

Individual results vary.

09 JN: what can happen in 98 days

FROM THE CLINIC BLOG, NOVEMBER 2024



JN's 3D body scans, shared with her permission.

JN had just turned 56. She'd been on our program a little over three months when she let us share her scans, and the results spoke for themselves.

38.6	−5.9%	+5.5%
POUNDS LOST	BODY FAT	MUSCLE MASS

Her BMI dropped to 30.0, just a tenth of a point from moving from "obese" to "overweight" on the chart. Notice the third number: she didn't just get smaller. She got stronger. Congrats, JN.



WHY WE SCAN EVERY MONTH

"The mirror shows you an opinion. The scale shows you a number. The scan shows you the truth."

DARYL, DECEMBER 2024

Individual results vary.

10 HH: the plateau that wasn't a dead end

FROM THE CLINIC BLOG (JANUARY 2025) AND FACEBOOK (DECEMBER 2025)



December 2025. HH is shy, so this is her photo: just her and her Goal Weight Bag.

HH hit a plateau. Weeks went by and the scale didn't move.

Her appetite had dropped so much that she was under-eating, and her metabolism was defending itself. It's one of the most common situations we see.

WHAT HAPPENED NEXT

1. We sat down with her actual numbers.
2. Reviewed what she ate, day to day.
3. Adjusted protein and meal timing to her work schedule.
4. Set check-ins to watch the trend.

Within a few weeks the scale was moving again, and she understood why it had stalled. She was shocked that a clinic would spend that kind of time on a plateau.

Eleven months later she came in with a problem we love: "*Daryl, I'm now below my goal weight — talk to me about this maintenance thing.*"

> **REAL SUPPORT, BEHIND THE SCENES**
>
> "That's it. That's the whole story. No heroics." Her surprise is common, and it says a lot about what passes for support elsewhere. Real Support is the first third of our motto.

> *"You don't prescribe a medication and disappear. You walk with people through the stalls, the side effects, the wobbly weeks. That's the job."*
>
> DARYL, JANUARY 2025

Individual results vary.

11 Patient K: eat more to lose more

FROM THE CLINIC BLOG, APRIL 2025

Patient K stalled after a few months. In our talks at the clinic, it looked like she wasn't eating much at all.

She wasn't comfortable with a food-diary app, so we asked her to write it out the tried-and-true way: pen and paper. Our younger staff had fun deciphering the cursive, and we broke it into the tables below.

Wednesday 04/16/25: Macronutrient Breakdown

Food Item	Calories	Protein (g)	Fat (g)	Carbs (g)	Sugar (g)
2 Scrambled eggs	200	14	15	3	2
1 tsp Mozzarella cheese (~5g)	14	1.4	1	0	0
1 Jimmy Dean sausage link (~1/3 serving)	70	3	6.3	0.7	0.3
1 cup Non-Fat Milk	83	8	0.2	12	12
1 Deviled Egg	76	7	5	1	0.1
Carrot & Celery Sticks (approx. 1 medium each)	20	0.5	0.1	4	2
1 cup Miso Soup	84	6	3.4	7.8	2.6
1 TBSP Fried Rice w/ Veggies (~1/16 serving)	25	0.75	0.7	4.5	0.5
1 Tempura Shrimp (~1/5 serving)	52	2.2	3	4	~1
1 Tempura Broccoli (~1/8 cup)	45	0.9	2.6	4.5	0.6
1 Tempura Asparagus (~1/8 cup)	60	1.2	3.6	6	0.6
3 Small Grilled Shrimp (~1 oz)	33	7	0.3	0	0

Wednesday: 762 calories, 52 g protein.

Thursday 04/17/25: Macronutrient Breakdown

Food Item	Calories	Protein (g)	Fat (g)	Carbs (g)	Sugar (g)
2 Scrambled Eggs w/ Mozzarella cheese	214	15.4	16	3	2
Iced White Chocolate Coffee 12oz (1c milk, 2TBSP sugar)	160	1	7	25	18
2 Boiled Eggs w/ Lite Mayo (1TBSP)	234	13.6	17.6	3.8	2.2
2 Slices Sara Lee Bread Multigrain 45 Cal	90	6	1	19	2
8 Ruffles Light Salted Chips (~1/3 serving)	93	1	6	9	0.3
½ Cup Non-Fat Cottage Cheese	80	14	0	6	~5
Dole Fruit cup Peaches (4 oz)	50	1	0	12	11
3 Cups Mixed Greens	30	3	0	5	0
Carrots, Celery, Cucumbers (~1/2 cup total)	20	0.5	0.1	4	2
2 oz Baked Chicken	62	11	1.5	0	0
1 Boiled Egg w/ Lite Ranch (~1TBSP)	100	6	7	2	1

Thursday: 1,133 calories, 71 g protein.

762
CALORIES ON WEDNESDAY

1,133
CALORIES ON THURSDAY

1,250+
HER DAILY TARGET RANGE

Then we emailed her:

> "Anytime your daily calories get below 1,233, [your body] stops shedding weight, it slows down your metabolism, and it works hard to hold onto every fat cell it can."

OUR NUMBER-ONE CHALLENGE

It isn't patients eating too much. It's patients not eating enough.

So we worked with K to raise her calories in a healthy way, with the focus on protein and water.

12 The small, stubborn places

NON-SCALE VICTORIES OUR PATIENTS HAVE SHARED



September 2026. A Federal Way support-group member: "OMG – I realized this week I completely lost a 3rd Grader...."

The scale keeps score. These are the moments patients actually tell us about.

- **TW:** "For the first time in years, I was able to tie my own shoes without help from my spouse."
- **R**, at goal weight: "I have to go buy a lot of new clothes. These jeans... I slip them on and off without the button or zipper!"
- **JS**, just over 44 pounds down, told us about the pain she was in the week before she came to us. The whole office was almost in tears.
- A support-group member: "This might be TMI... but I got the hook of my bra onto the tightest clasp for the first time ever."
- **BH**, at goal weight, is the third generation of her family we've treated, after her mother and her grandmother.

> *Not just pounds. Real life changing in the small, stubborn places.*
>
> DARYL, SEPTEMBER 2026

PART 4

Our director is a patient too

We don't ask you to do anything we haven't done.

13 Daryl: 294 to 189

DARYL WELSH, CO-OWNER, OCTOBER 2026



9.3 gallons of volume gone from my torso, per my 3D scans. Two 5-gallon jugs, for visual representation.

105 lb

294 IN JANUARY 2024
189 TODAY

I was the guy who'd tried everything. The guy who'd lost and regained more times than he could count.

Today I weigh less than I have since high school.

JAN 2024	OCT 2024	3 MONTHS	JUL 2025	TODAY
294	**42→38**	**243–245**	**Onederland**	**189**
Before we opened	Two pant sizes, one weekend	The plateau	Under 200, first time in 15+ years	105 pounds down

It was not a straight line. Three months stuck at 243–245, doing everything right. The scale said nothing was happening. My scans said everything was: fat still coming off, muscle going on.

> *The medication starts working in weeks. The transformation takes months. The person you become in the process — that's the part that lasts.*
>
> DARYL, SIX MONTHS IN

I'm not special. I'm a patient who finally had the right tool and the right support, the same ones we offer you. In a plateau right now? Hold the line. — *Daryl*

Individual results vary.

PART 5

Wins along the way

What 30 months of showing up adds up to.

14 14,358 pounds

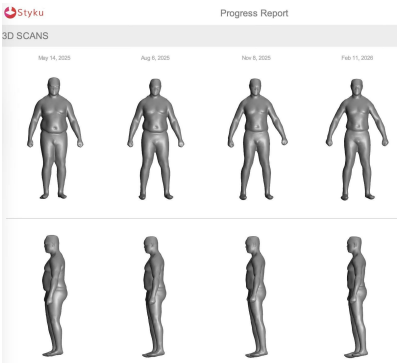
STYKU 3D BODY-SCAN AGGREGATE, OCTOBER 2026

14,358*

pounds lost by our Puyallup and Federal Way patients in the last 24 months, measured by our Styku 3D body scans. That's more than seven tons.



When our scanning system added a way to total things up, we ran the number for the last two years. Every pound of it belongs to someone who showed up on a hard Tuesday, hit their protein, drank their water, and trusted the process when the scale was being diabolical.



RC's scans, April 2026. He finished with a higher muscle percentage than when he started.

> *This company has been a lifesaver for me and my family… Exercising more, more activities, and feel great all around. Thank you team for saving my life.*

FROM RC'S PATIENT REVIEW

*Last 24 months, per our Styku 3D body scans, both clinics, October 2026. Counts only patients who do body scans (roughly 50% of our patients). Individual results vary.

15 What we see in the messy middle

FROM THE CLINIC BLOG, OCTOBER 2026



The Styku 3D scanner. About 35 seconds.



Drop-in hours. No appointment.

The most useful success stories aren't dramatic before-and-afters. They're the messy middle: the week the scale refuses to cooperate, the pants fit differently anyway, and food noise is no longer running the meeting.

One patient came in frustrated after several weeks without a lower number. Her monthly scan told a different story: measurements down, body composition moving the right way. She'd been hitting our 100-gram protein minimum and using the resistance bands we give patients. It gave us a reason not to panic or quit a plan that was working below the surface.

Another had tried a mail-order program first. When nausea made eating enough protein hard, he started improvising. Here, he could walk in during drop-in hours and get a real answer from a real person. That isn't a luxury. It's often the difference between staying consistent and quitting.

OUR 4-WEEK RULE

Give it four weeks before you call it a plateau. One weird weigh-in is noise. The trend is the story.

"The scale is diabolical. The scanner is honest."

16 Milestones

PACIFIC NORTHWEST MEDICAL GROUP, 2024–2026

APRIL 2024
Puyallup opens its doors. On May 1 the Chamber of Commerce cuts the ribbon, and the day is proclaimed Pacific Northwest Medical Group Day.

MAY 2024
The News Tribune writes about our 3D body scanner: it "tells you what a scale can't."

AUGUST 2024
100 days, 110 patients, and a new medication fridge with almost three times the volume. We call it "Big Silver."

MARCH 2025
Nearly 400 active patients, almost a third of them using our no-appointment drop-in visits.

APRIL 2025
LegitScript merchant certification, and our first-anniversary open house.

OCTOBER 2025
Saturday hours begin. Our first "My Loss, Your Gain" clothing exchange is bursting and overflowing.

NOV–DEC 2025
Federal Way opens. Nearly 40 patients choose it before the December 1 grand opening.

APRIL 2026
Two years. The whole team celebrates at the bowling alley.

OCTOBER 2026
1300+ patients. 14,358 pounds* in 24 months.

NOVEMBER 16, 2026
Puyallup moves to a bigger home, with a 50-person room for support meetings.



The proclamation, May 2024.



Federal Way's new sign, December 2025.


Two years, April 2026.

Nov 16
NEW PUYALLUP HOME
1002 39TH AVE SW, STE 200

*Styku 3D body scans; counts only patients who scan (roughly 50%).

17 Showing up for each other

FROM THE CLINIC BLOG AND FACEBOOK PAGE, 2025–2026

Once a month, patients give up an evening to sit in a room together. Week two to maintenance, all in one place.

In July 2026 the Puyallup group was the largest we've ever had: standing room only. There were surprise envelopes that night, too.

The medication is the same for everyone, but the wisdom travels peer to peer. Hearing how someone got through a plateau, from a person six months ahead of you, hits different than hearing it from us. At one meeting, long-term patients talked about life at goal weight, and you could see the relief on the newer faces: *oh, this actually works long-term.*



Tightest clasp. A Federal Way member's non-scale victory, September 2026 (see page 15).

> *Walking through our doors … is already a huge step. The ones who then give up a Thursday evening for more support? They are the ones tilting the odds more in their favor!*
>
> DARYL, SEPTEMBER 2026 · GROUPS THEN MET THURSDAYS

It goes both ways. When Federal Way opened, two patients brought us a plant and a handwritten card: "Congratulations on location #2! All the best!" We've said it a hundred times, and it's worth repeating: we have the most amazing patients.

SUPPORT GROUPS NOW MEET TUESDAY NIGHTS

Federal Way
3rd Tuesday of every month

Puyallup
4th Tuesday of every month, in our new 50-person room from November 16

Come. You'll leave lighter, and not just on the scale.

PART 6

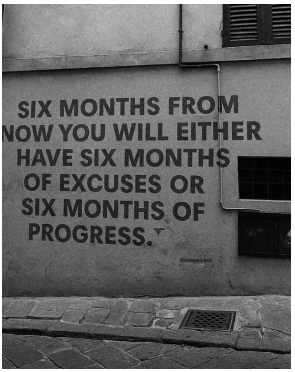
Your turn

How to become the next story.

18 What the next story has in common

LESSONS FROM 1300+ PATIENTS

1. **Hit your protein.**
   100 grams a day, even when you're not hungry. Under-eating is the most common cause of a stall we see.
2. **Drink your water.**
   Half an ounce per pound of body weight, every day. CC swears by 100-plus ounces.
3. **Trust the scan over the scale.**
   Four weeks of data before you call it a plateau.
4. **Use the bands.**
   Protecting muscle is what makes the change last.
5. **Drop in.**
   No appointment needed for check-ins, scans or questions.
6. **Come to a support group.**
   Try it once. Tuesday nights, at both clinics.
7. **Plan for maintenance.**
   Goal weight is a milestone, not the finish line.



On our Facebook page, April 2026.

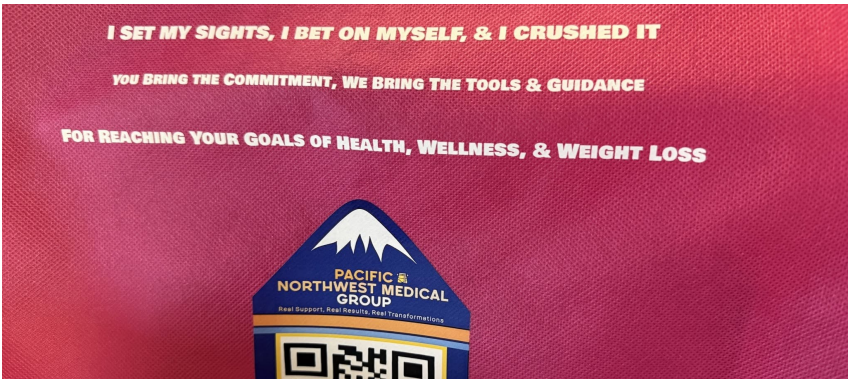
> *"You are not broken because diets kept failing. Biology is loud."*
>
> DARYL, OCTOBER 2026

> *"Trust the process. Then give yourself a process worth trusting."*
>
> DARYL, SEPTEMBER 2026

Every program here is patient-pay and built around you. Your path will look different from anyone's in this booklet. It's supposed to, because it's yours.

19 Share your story

WE'D LOVE TO HEAR FROM YOU



The Goal Weight Bag. Our staff loves handing these out more than just about anything else. This one went to BH in August 2026.

> *I set my sights, I bet on myself, and I crushed it.*
>
> PRINTED ON EVERY GOAL WEIGHT BAG

A year from now, someone will sit where you are, holding this booklet. Your story could be their reason to keep going.

When you hit a milestone, big or small (a new notch on your belt, a "1" on the scale, a Goal Weight Bag), tell us. Tell the front desk, reply to any clinic text, or ask about our Wall of Transformation.

We share stories only with your permission, by initials unless you tell us otherwise, and we'll ask you to sign a short story-and-photo release first.

Somewhere out there is someone standing exactly where you stood on day one.

JEN & DARYL

My story starts here

Fill this in today. Bring it to your scan days.

START DATE

STARTING WEIGHT

MY FIRST GOAL

MY GOAL WEIGHT

WHY I'M DOING THIS

MILESTONES · DATE

- ☐ First 10 pounds
- ☐ First non-scale victory
- ☐ A "1" in front (if that's your goal)
- ☐ Halfway to goal
- ☐ Goal Weight Bag
- ☐ Century Club

MY SCAN DAYS

MONTH	WEIGHT	WAIST	BODY FAT %	HOW I FEEL
Start				
Month 1				
Month 2				
Month 3				
Month 4				
Month 5				
Month 6				

One day it might be your story in here.

My next six months

Keep the trend going. The scan days continue from page 23.

MY SCAN DAYS

MONTH	WEIGHT	WAIST	BODY FAT %	HOW I FEEL
Month 7				
Month 8				
Month 9				
Month 10				
Month 11				
Month 12				

NON-SCALE VICTORIES I'VE NOTICED

Four weeks of data before you call it a plateau.

Questions for my next visit

Write them down when you think of them. Bring this booklet with you.

VISIT

VISIT

VISIT

VISIT

VISIT

No question is too small. Drop in anytime during clinic hours.

Notes

Wins, hard weeks, and anything else worth remembering.

KNOW SOMEONE WHO'S READY?

Book your free consultation

Pass this booklet on, or have them call either clinic.

WE'RE HERE FOR YOU

Puyallup

1002 39th Ave SW, Suite 200
Puyallup, WA

OUR NEW HOME FROM MONDAY, NOVEMBER 16, 2026

(253) 340-2270

Federal Way

1814 S 324th Pl, Suite C
Federal Way, WA

(253) 363-8877

> **DROP IN ANYTIME DURING CLINIC HOURS**
>
> No appointment needed for check-ins, scans and questions. Support groups meet Tuesday nights: Federal Way on the 3rd Tuesday, Puyallup on the 4th.



Our motto, on the front window.

ON THE WEB

pnwmedicalgroup.com

WHERE MANY STORIES FIRST APPEARED

facebook.com/pnwmedicalgroup

Stories from the Pacific Northwest Medical Group blog and Facebook page, lightly edited for print. Patients identified by initials. Weights and percentages are as reported at the time; individual results vary. This booklet is not medical advice; talk with our clinical team about your own plan.
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“

Real Support.
Real Results.
Real Transformations.”

IT’S ON THE WALL BECAUSE WE MEAN IT

Welcome to the clinic. We can’t wait to meet the person you’re about to become.

1,374	~30	2	14,358
PATIENTS	MONTHS	CLINICS	POUNDS LOST*

*Last 24 months, per our Styku 3D body scans, both clinics, October 2026. Counts only patients who do body scans (roughly 50% of our patients). Individual results vary.

Pacific Northwest Medical Group

PNWMEDICALGROUP.COM · PUYALLUP (253) 340-2270 · FEDERAL WAY (253) 363-8877