

As part of our new Aesthetic Centre, we are proud to announce that we are providing a practical and successful programme called the **Medi-Lean Medical Weight Loss Program**.

This programme is based on a modified version of **dr Albert.T.W. Simeons** * diet programme established 1954, which is a combination of a low calorie diet, HCG and supplements.

He found that HCG [Human Choriotropic Gonadotrophin hormone] helps the body to release excess fat, and in this process with a low calorie food intake resulting in a healthier and easier way to enable fat loss.

HCG helps fat loss by assisting the body neutralise abnormal Leptin levels. Leptin is a hormone which plays an important role in fat metabolism and satiety [feeling “full” or satisfied after eating].

Ideally this process rests your metabolism for the long run so that your body releases rather than stores abnormal fat.

For anyone interested in reading the original manuscript, Pounds and Inches, this can be downloaded here:

<http://www.hcgplan.net/Pounds%20&%20Inches.pdf>

Dr Chantelle Eyber's has modified the original Simeons' protocol to improve results and also to make your schedule more acceptable for modern day living. The result of this is the MediLean diet programme.

Link to the website: <http://www.medilean.net/about-us.html>

For those starting the programme, there are 3 main sections to the programme:

Namely the main **Diet/HCG** part, a **Washout** part, and a **Maintenance** part [which should be lifelong].

The Diet/HCG part can also be separated into 3 phases, namely Preparation, Detoxification, and the main HCG phase.

The most important aim of the programme remains the Maintenance Phase aiming for long term weight control based on a healthy balanced diet combined with individualised supplements.

You can expect to lose between 4-8 kg of fat per cycle. The specific diet phase consists of a course of HCG injections administered for a minimum of 4 weeks to a maximum of 6 weeks. Your body tends to develop a resistance against the HCG injections after this. A wash-out period of 2-6 weeks is necessary to rinse out all HCG from your system, after which another course can be administered.

Your diet, injections and supplements will also be different during each phase of the Medi-Lean Weight Loss Program.

Depending on how overweight you are when you start the diet, you may have to repeat the diet phase one or more times until you achieve an ideal target or normal weight.

An InBody assessment will be done at the first visit, and then ideally at 2 weekly intervals if practical for you. It will be required to have this done within one month of starting the diet.

<https://inbodyusa.com/general/what-is-body-composition/>

Costs for the programme:

Please note the **cost** is fixed and will **vary from phase to phase**. During the maintenance phase the costs will be only for a limited number of supplements and a monthly booster injection.

The most costly part will be for the **first month including 4-6 weeks of HCG injections**.

Meaning also that if you do require repeated courses of HCG your total cost will be more than someone only requiring one course of HCG.

Some important considerations.

- You will need to inject yourself daily, or have a family member or friend that can do this for you. The needle used is very thin and relatively painless! Booster injections are prescribed every 2 weeks.
- As with any other healthy diet you will need to stop all "snacking" limiting sugar/carbohydrate intake and all unhealthy processed foods as far as possible.
- Ideally remain or become physically active. [within your own limitations].
- Maintain a fluid intake of approximately 2 litres daily.
- You will need to plan and **weigh** your food portions accurately and plan ahead on your meals.[Scale reqd]
- You will be taking one meal replacement shake as one of your 3 meals daily.
- Certain supplements are critical in making this process work adequately.
- Constipation is common with the change in your diet [a specific supplement is useful for this]
- Some supplements are very helpful and you will be advised to take these, they will differ according to the phase of your diet. The Medi-Lean products we prescribe are of high quality and well-priced.

Please take note that the programme has been carefully evaluated over many years, and to obtain the maximum effect, the instructions you will be given should be followed as carefully and as accurately as possible. Even small deviations in the way food groups are mixed may reduce the final effect and weight loss.

Some specific guidelines include the following:

- Never eat less than recommended especially during diet phase
- Never skip meals
- AT least 4 hours between meals [protein to protein]
- Never mix 2 proteins in one meal
- Never eat after 21H00
- Never use margarine. Oil, butter to prepare food. Use Spray and Cook Instead
- Steam, boil, dry-fry food
- Don't do calorie "banking", spread your calories over the day
- You are not "dieting". Health is a constant journey of making better choices. If you have had a bad day, just get back on track

IMPORTANT CONTRA-INDICATIONS TO PARTAKING IN THIS PROGRAMME

- You should not be pregnant [or plan to be pregnant] while taking HCG hormone. [Rarely pregnancy testing while injecting HCG can produce a false positive test.]
- If you have any hormone sensitive cancers, these may be a contra-indication to taking HCG.
- Other conditions that need more careful monitoring while taking HCG include:
 - Psychiatric Diseases
 - Hypertension.
 - Diabetes or Insulin Resistance
 - Epilepsy
 - Thyroid problems
 - Adrenal gland disorders
 - Undiagnosed uterine bleeding
 - Heart kidney or liver disease
 - HCG should preferably not be taken during puberty.

SIDE EFFECT ARE MENTIONED NOW, **BUT KEEP IN Perspective that the MANY benefits of weight loss FAR OUTWEIGH the small risk of potential side-effects.** Most side effects will resolve rapidly after stopping the HCG.

Usually any negative side-effects, such as headache, fatigue, body aches, even mild fever, you might experience when starting this diet **arise from the detoxification process** in the early phase of the diet process. This will usually not last longer than 5 days. NOT everyone gets these symptoms.

You may also feel very weak during a large part of the diet, and it may take a good few weeks to regain your normal body strength.

You may have side effects form supplements, e.g. the most common supplement caused side effects can be from the "Fat Burner". If you think this is the case, you can rather take "Crave Stop" as a substitute.

But to keeping mind the Fat Burner may be more effective than Crave Stop for appetite and metabolism modification

Some side effects of HCG can include mild breast enlargement or tenderness, headache, irritability, tiredness, and even mild depression. Very occasionally serious side effects can occur. In females this includes ovarian hyperstimulation syndrome (OHSS) which can be dangerous. Signs of OHSS can include abdominal pain, bloating, weight gain, shortness of breath, and decreased urination.

When you start the programme, you will have consultation with the doctor and you will need to complete a health questionnaire.

You will also need an InBody assessment with us prior to starting the diet and then again after 2 weeks.

<https://inbodyusa.com/general/what-is-body-composition/>

This will give you and us a good indication of how much weight you ideally need to loose, your water and fat and muscle percentage composition in your body, amongst other things.

Follow up InBody assessment will assist us evaluating if you are losing ideally fat [vs fluid or muscle etc] and from which parts of the body and if not an ideal pattern of loss, whether further medical tests or interventions are indicated. And whether it is safe for you to continue on the diet programme.

Better health starts here; we are excited to start the Medi-Lean journey with you!

*(*Dr Simeons developed the original HCG diet approximately 60 years ago. - HcG is Human Chorionic Gonadotropin hormone produced in the placenta. The form used in these injections is manufactured in a laboratory.)*