

'I haven't felt this good in ages'

Shane Smith was despondent when healthy food and regular exercise didn't help him lose weight, until he discovered something that did work.

I have been struggling for three years to lose weight, and would yo-yo between 102kg and 98kg, depending on my stress levels.

I exercised, but when this failed to get me in shape, I became despondent. I ate oats for breakfast, a mid-morning protein shake, a tuna or chicken-breast salad for lunch, a protein shake before gym, and lean protein and veggies for dinner. I was insecure about my weight, and didn't think I would ever get rid of it.

Then I heard about the Slender Wonder diet, administered by doctors, and with the backing of science.

One Friday afternoon, I found myself at the Skin and Body Renewal clinic in Sandton, with Dr Debbie Norval. She explained to me that the diet has four components, the first being a daily HCG hormone injection that supplements the six-week cycle. I had to administer 125 units to myself every morning; I saw the doctor once every two weeks for checkups, to replenish my HCG stock and for a booster injection (B vitamins and HCG). HCG is produced during pregnancy, and one of its functions is to help the baby receive enough nutrients to grow. Small doses of HCG are given to overweight individuals to help open up fat stores, which results in safe, but rapid, weight loss. This also increases levels of leptin, known as the "satiety hormone",

which helps control appetite.

The secret to this lies in a 500 calorie (2 093kJ) or 650 calorie (2 721kJ) eating plan.

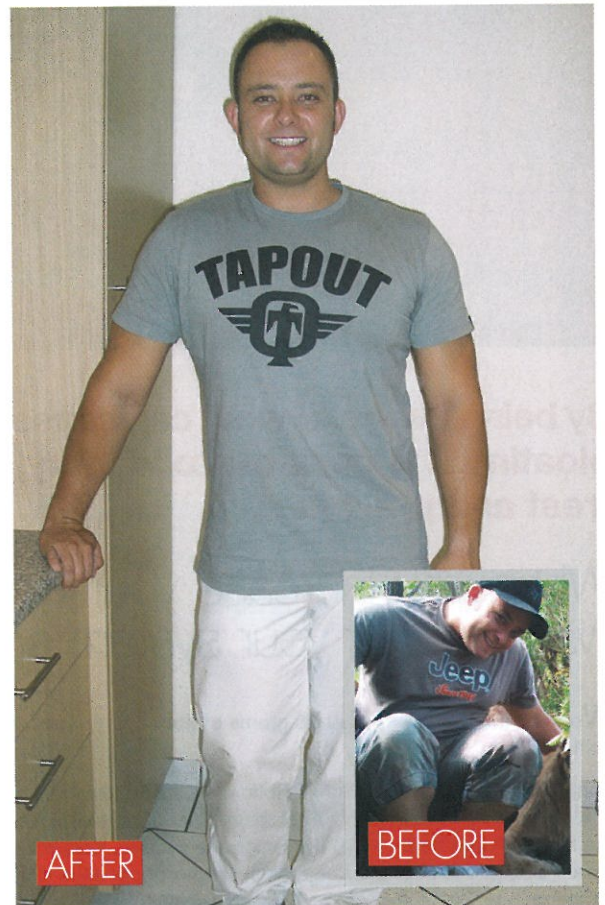
Your daily meal plan should equal or be less than 650 calories, and not exceed it, otherwise you "switch off" the hormone and your body will not release its stored fat.

If you stick to the diet, your body can release 3 000 calories (12 560kJ) from your own fat stores, and this, together with the calories you are consuming, will ensure that your body has enough energy to perform day-to-day functions. Alcohol, any infections or a diet in excess of 650 calories "switches off" your hormone, and it takes three to four days to become active again.

You also need to replace one meal with a protein shake, and supplement with vitamins, minerals and essential fatty acids that your diet isn't providing. The supplements help boost your metabolism, stabilise insulin levels, increase the body's fat-burning capacity and reduce cravings.

A basic plan costs R1 500 (start-up cost), and the deluxe package is about R2 500, depending on which supplements you take. You will also need to pay R600 for your two-weekly checkups.

Once goal weight is achieved, there is a month-long stabilisation plan and then a maintenance plan for life.



The first day of the diet plan was difficult; I felt weak and had a headache. In fact, the entire week was challenging. But it got easier and I didn't feel hungry or have cravings. I lost about 5kg the first week. I had more energy and haven't felt this good in ages. I have completed my six-week course and have lost about 10kg, and 8cm around my stomach.

I would recommend this plan to anyone wanting to lose weight and feel healthy. ■

VITAL STATISTICS

Age: 31 Height: 1,73m

	BEFORE	AFTER
Weight	100kg	90kg