

Weight Loss

By Dr Maureen Allem



Losing weight is life changing indeed and getting rid of that excess weight is pretty much on everyone's mind going into the new-year.

The body is made up of three types of fat. **Normal fat** is stored as reserves for when the body needs it, **structural fat** protects the organs by acting as a cushion, – both of which is necessary for a healthy body. **Abnormal fat**, however, is excess fat that is hard to lose.

A fact that is not widely known, is that one's resistance to Leptin – the hormone found in fat cells responsible for regulating our metabolisms - influences the body's ability to shift excess weight.

Those lucky enough to have low resistance to Leptin can eat pretty much anything without putting on weight, but those with a high resistance only need to look at food and see the increase on the scale.

Health Renewal's Medical Weight Loss program is specifically designed to improve the body's sensitivity to Leptin. This program has a four-pronged approach and includes a low GI diet, weight loss supplements, daily meal replacement low GI shakes and lipotropic (HCG) injections.

After losing 34.1kg, the winner of the latest Slender Challenge said that the weight he lost and the program completely changed his life. During the 12-week period, 22 contestants lost a combined 375,90kg.

The Health Renewal team motivates candidates right from the start, offering the much-needed support that is required along the way.

To find out more about the Body Renewal Medical Weight Loss Program, visit www.healthrenewal.co.za or contact 0861 SKIN SA (7546 72) to book an individual assessment.

renewal institute
incorporating
skin • body • health • brain • sleep
the complete medical solution

Skin, Body, Brain & Health Renewal Constantia
High Constantia Shopping Centre
Cnr Constantia Main Road
and Groot Constantia
021 794 6843 / 072 828 8557
constantia@skinrenewal.co.za