

# WELLNESS *review*

## *Australia and New Zealand are amongst the fattest nations in the world!*

Being overweight or obese is a significant health risk. 55% of Australians and New Zealanders are currently overweight and the prevalence of obesity has tripled in the last 30 years. We need to effectively address this epidemic and turn the tide on obesity-related conditions, such as heart disease, diabetes, depression and arthritis. If you, or someone you love, is overweight or obese, we can help you to lose the excess fat and get healthier!

## *Would you like to start the New Year with a successful fat loss diet?*

Is your New Year's resolution to lose weight? If so, we have a fantastic scientifically-proven fat loss program available at this clinic to help you achieve your goal.

## *The real fat loss challenge.*

Losing weight can be a challenge, but maintaining weight loss long term can be the real challenge. How many times have you gone on a diet, lost the weight, only to put it all back on again, possibly plus a bit more! For many people this is a common hurdle in weight loss. The most common reasons people have for rebound weight gain is failure to change their dietary and lifestyle habits, and because they may have lost muscle as well as fat on their last fad diet.

## *Fat loss not weight loss.*

Many calorie-restricted diets produce disappointing results, principally due to the excessive loss of muscle mass. This loss of muscle reduces your metabolic rate (ability to burn calories) and increases the likelihood of you putting the fat back on (yo-yo dieting). Losing muscle mass and reducing your metabolic rate tends to create a vicious cycle of fat gain, which can cause many imbalances in your body. A ketogenic program, such as the one we offer at this clinic, avoids these damaging effects of dieting because it is a fat loss system, not a weight loss system.

## *Losing fat is not only good for your figure.*

Many people want to lose body fat simply so that they look good; however, having a high percentage of body fat is known to be one of the most serious causes of ill health, increasing your risk of diabetes, heart disease and many other chronic diseases.

## *Throw away the scales!*

We offer patients the most effective fat loss program available. It can help you to lose up to 2 kg of fat per week whilst preserving your muscle mass. Our fat loss program is so much more than a "weight loss" program – this is a natural, scientifically-proven "fat loss" plan that delivers fast and lasting results. This is achieved with:

- A carbohydrate-controlled dietary program.
- A dietary plan that includes moderate levels of protein and good fats.
- Moderate regular exercise.
- High quality nutritional supplementation.
- Daily urine testing of ketones to measure fat burning.

## *Real results with ketosis.*

This scientifically proven weight loss program works on the principle of ketosis. Ketosis works by shifting the body's metabolism away from "fat storage" towards "fat burning" by restricting dietary carbohydrates. When fat is utilised for energy production, ketosis is mildly induced and can be easily measured with a simple daily urine test. Typically, people report that mild ketosis, and this switch in metabolism, are reflected in increased energy, appetite control and efficient fat loss. You can typically expect the following from the KetoSlim fat loss program:

- ½ -2 kg of fat loss per week.
- Maintenance of lean muscle mass.
- Long lasting healthy body composition (fat to muscle mass ratio).
- Better blood sugar regulation.
- Improvements in cardiovascular risk markers.

## *It is empowering.*

Losing body fat is an incredibly powerful experience. You are actualising something that only you have the power to do and that only you will truly experience the personal reward for. Meeting your fat loss challenge, improving your health and looking better, can all be easily achieved by following the scientifically-proven weight loss program we run at our clinic. You can do it!

Go to [www.ketoslim.com.au](http://www.ketoslim.com.au) for more information and great tasting recipes.

If you would like support in reaching your ideal weight then come in and see one of our trained practitioners to help you achieve this goal today!

