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## Losing weight in harmony

Forty years ago, the British endocrine specialist, Dr. Simeons, found that body fat storage reacts divergently to different diets. He specified three different kinds of fat: Reserved fat under the skin, the structured fat: a kind of wrappings for the internal organs and the diet resistant depot fat.

An individual with a functioning fat burning system only has to limit their caloric (food) intake to attain their ideal figure.

However, if a dysfunction is evident which is usually genetic based, the individual loses the preserved fat (fat under the skin) and thus starts to look unhealthy and the depot fat remains.

Simeon found that the pregnancy hormone HCG has the effect of dissolving fat.

He discovered this while working with overweight boys in Bombay.

Natural placenta substances, human Chorion-gonadatropin (HCG), cause fat to redistribute throughout the body.

This positive side effect is the basis of Simeon's HCG theory.

The substance dissolves a body fat that is usually not affected by diet.

That is why we have excellent results, not only with grossly overweight patients, but also with average weight patients and their diet resistant problem zones.

Unwanted fat on hips and backs, thighs and upper arms disappear, as well as cellulite.

**Ernährungsmedizin**

**ästhetische Medizin**

**Psychotherapeutische Medizin**

The outpatient treatment consists of a fat-free, low calorie diet which melts the preserve fat. The additional HCG injections, administered between 21 to 42 days aim at the depot fat.

There is no other diet that can ensure such an amazing change of body shape and improve cellulite.

This therapy requires a great deal of discipline and determination from patient and physician. It must be followed precisely otherwise the success of the treatment cannot be assured. The joy of eating is still preserved. An enormous amount of fat is dissolving during the diet and sometimes it is even necessary force oneself to eat the prescribed amount of food.

The daily menu consists of two meals of 100 grams of protein, few carbohydrates, fresh vegetables without fats and fruits. Patients are usually able to work, are not more tired than usual and feel fit even though they have lost, for example, 13, 17 or 20 kilos.

In all the years this diet has been administered, no side effects are known.

The role of the physician is to control the patient's compliance to the diet, some patients have a food - addiction and this must be addressed. Additionally the HCG injections are given three times a week. Sufficient fluid intake is another important factor.

During post-treatment, the new eating habits and any weight fluctuations are discussed.