

AUSTRALIAN & NEW ZEALAND

# BEAUTY


MARCH 2007 VOL 7 NO 3 SPECIALISTS



## iPulse and High Tech Laser

Leading the way with IPL in Australia

**iPulse's Affordable, High-Performance IPL**  
Call High Tech Laser on 1300 309 233 or see it at the Melbourne International Beauty Expo (Stand 339)



**VibroGym**  
The World's Leading Whole Body Vibration Platform  
High Tech Body Toning and Cellulite Reduction



weight loss special

## Give your clients the heads up on a new weight loss clinic



Dr Cohen's Lifestyle Clinic Program is a weight loss and wellness program that is individually customised for each client. The program is based on specific blood test results taken at a certified lab, that are then used to formulate an individually tailored eating plan that assists in healthy fat-loss. The blood tests allow for analyses of certain aspects of your system, which in turn indicate what is required to get your body back in balance.

The Cohen Program is based on internationally accepted research and sound facts, and has been available for more than 25 years with more than 25,000 success stories worldwide. It is a balanced eating program without the use of injections, diet pills or tonics to achieve firming, toning and shaping of muscles and the body while reducing fat content and overall weight.

Dr Cohen started his career in cardiology, later specialising in obstetrics and gynaecology, particularly infertility. While conducting this work, he encountered the problem of obesity and identified the following pointers that constituted "obesity syndrome".

**Being overweight is a disease that can be effectively controlled by a change in lifestyle.**

Dr Cohen's research isolated three hormones involved in overweight people, which led to the realisation that being overweight is a disease that can be effectively controlled by a change in lifestyle. The three hormones he isolated were human growth hormone, which preserves muscle tissue and breaks down fat; insulin, which regulates blood sugar levels; and serotonin, which controls the craving for food, particularly starches.

Client's individual eating programs are devised to stimulate these three hormones as necessary, with specific food combinations and quantities so that the body sources energy from stored fat.

No artificial substances, drugs or injections are necessary. No special foods or meal replacements are needed.

Once on the eating program, clients normally experience rapid fat loss but no loss of muscle, hunger pangs or cravings. They should experience an increased feeling of wellbeing, energy and vitality.

Once a client reaches their natural goal weight, their eating program is followed by a short stabilising program - the Re-feeding Program, which reintroduces foods previously excluded, without upsetting the balance created by the eating program. This ensures that weight is not regained when normal eating resumes.

For more information on Cohen's Lifestyle Clinic visit [www.cohens.com.au](http://www.cohens.com.au).

# Give your clients the heads up on a new weight loss clinic

Dr Cohen's Lifestyle Clinic Program is a weight loss and wellness program that is individually customised for each client. The program is based on specific blood test results taken at a certified lab, that are then used to formulate an individually tailored eating plan that assists in healthy fat-loss. The blood tests allow for analyses of certain aspects of your system, which in turn indicate what is required to get your body back in balance.

The Cohen Program is based on internationally accepted research and sound facts, and has been available for more than 25 years with more than 25,000 success stories worldwide. It is a balanced eating program without the use of injections, diet pills or tonics to achieve firming, toning and shaping of muscles and the body while reducing fat content and overall weight.

Dr Cohen started his career in cardiology, later specialising in obstetrics and gynaecology, particularly infertility. While conducting this work, he encountered the

problem of obesity and identified the following pointers that constituted "obesity syndrome".

Dr Cohen's research isolated three hormones involved in overweight people, which led to the realisation that being overweight is a disease that can be effectively controlled by a change in lifestyle. The three hormones he isolated were human growth hormone, which preserves muscle tissue and breaks down fat; insulin, which regulates blood sugar levels; and serotonin, which controls the craving for food, particularly starches.

**Being overweight is a disease that can be effectively controlled by a change in lifestyle.**

Client's individual eating programs are devised to stimulate these three hormones as necessary, with specific food combinations and quantities so that the body sources energy from stored fat.

No artificial substances, drugs or injections are necessary. No special foods or meal replacements are needed.

Once on the eating program, clients normally experience rapid fat loss but no loss of muscle, hunger pangs or cravings. They should experience an increased feeling of wellbeing, energy and vitality.

Once a client reaches their natural goal weight, their eating program is followed by a short stabilising program - the Re-feeding Program, which reintroduces foods previously excluded, without upsetting the balance created by the eating program. This ensures that weight is not regained when normal eating resumes.

For more information on Cohen's Lifestyle Clinic visit [www.cohens.com.au](http://www.cohens.com.au).