



## Cohen's Lifestyle Clinic Program - Weight Loss and Wellness Through Nutrition

### A WELLNESS APPROACH

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

### SCIENTIFICALLY PROVEN

### WEIGHT LOSS INDICATORS

### THE HORMONE APPROACH

### EXPECTED OUTCOMES

Cohen's Lifestyle Clinic nationwide  
Tel 1300 264 367  
www.cohens.com.au

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Photo: Anna Blackman Images

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**SCIENTIFICALLY PROVEN**  
The Cohen Program is based on internationally accepted research and sound facts, and has been available for over 25 years with over 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 whilst reducing fat content and overall weight. Statistics show, if followed correctly, 70% of participants of the Cohen Program can expect a weight loss of around 7 - 10 kilos in the first 4 weeks, and over a period of 3 months, 88% lose 20 kg or more. Dr Cohen medically assesses the suitability of each client before allowing their participation in his rapid fat loss program.

### WEIGHT LOSS INDICATORS

Dr Cohen started his career in the field of Cardiology, later specializing in Obstetrics and Gynaecology (particularly infertility). Whilst conducting this work, he encountered the problem of obesity and identified the following pointers that constituted "Obesity Syndrome"

- Constant food craving
- Any food eaten being converted into fat instead of energy
- Weight gain (no matter how much or little you eat)
- Heartburn and constant indigestion
- Low energy and constant tiredness
- Diabetic-like symptoms and episodes
- Water retention and bloating
- Irritable Bowel Syndrome

### THE HORMONE APPROACH

Dr Cohen's research isolated three hormones involved in overweight people, which led to the realization that being over-weight is a disease that can be effectively controlled by a change in lifestyle.

- o Human Growth Hormone which preserves muscle tissue and breaks down fat
- o Insulin which regulates blood sugar levels
- o Serotonin which controls the craving for food, particularly starches.

Bufferers constantly crave food and no matter how much or how little they eat, they gain weight. Each client's unique blood profile is analysed and an individualized Eating Program is devised which stimulates these three hormones 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. No exercise is required.

### EXPECTED OUTCOMES

Once on the Eating Program, clients normally experience rapid fat loss but no loss of muscle, no hunger pangs, no cravings, but 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 stabilizing program - the Rebuilding 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.

In addition to massive weight losses, past clients have experienced the following added benefits:

- o lowering of blood pressure
- o reduced cellulite
- o reduced levels of cholesterol
- o a reshaping of problem areas
- o improved skin elasticity
- o increased well-being
- o improvement of diabetes
- o increased ability to cope with stress

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