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Slim pickings

Article from **Sunday Telegraph**

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By Joanna Hall
November 18, 2007 12:00am

THE pursuit of body beautiful without sacrifice or pain is a preoccupation for many women these days.

Yet, for lots of reasons, it's something that isn't always easy to achieve.

Hardly a week goes by without a new diet book, program or exercise regime taking the world by storm, and promising to help us lose all those unwanted kilos.

So here are five of the latest, offering slightly different approaches to an age-old problem.

Cohen's Lifestyle Clinic

This is an eating plan that, rather than focusing on kilojoules, fats or carbs, is designed to balance three hormones in the body that are believed to have a hand in weight gain.

The hormones include human growth hormone, which has many functions in the body, including increasing muscle mass and the reduction of body fat; insulin, which regulates blood sugar levels; and serotonin, which has an important role in the regulation of appetite.

According to Dr Rami Cohen, the obstetrician and gynaecologist who developed the program, in people who suffer from obesity the level of human growth hormone drops, unnaturally high levels of insulin are released, and serotonin isn't released properly.

As a result, they constantly crave food – especially starches – and they gain weight, regardless of how much or little they eat.



The program starts with a blood test, which is evaluated by Dr Cohen to check your balance of the three hormones, so that he can create an individual eating plan based on the results.

The plan aims to stimulate the three hormones, using specific food combinations, so that the body starts burning its own fat.

You don't need to buy special meals: the plan is based on everyday foods including protein, vegetables, fruits and carbs.

And the end result includes rapid fat loss (not muscle or water), an end to cravings and increased energy.

How long you stay on the program depends on your blood profile, age, gender and the amount of weight you have to lose.

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However, the average time is between two and four months, with an average weight loss of seven to 15 kilograms per month.

For more information, visit www.lifestyleclinic.com.au for outlets nationwide.