



Cohen's Lifestyle Approach

FOOD AS MEDICINE:

By Rosemary Burd for COHEN'S LIFESTYLE CLINIC Australia

DR. Cohen started his medical career in the field of cardiology, and later specialised in obstetrics and gynecology. He specialised in infertility in couples, heading the first internationally recognised Wits Medical School's first in vitro fertilisation program (IVF). Weight problems and polycystic ovarian syndrome are the two biggest causes of infertility and both linked to an elevated insulin level in the blood. Since the pancreas controls the release of insulin in response to the blood glucose levels which in turn are controlled by the food we eat, Dr Cohen decided to look at food as our medicine.

Dr Cohen's observations encouraged him to perform three years of international research (conducted over 30 years ago), working with another fertility specialist at Harvard University. The research isolated the hormones involved in obesity and overweight individuals, which led to the realisation that obesity is a disease, a medical condition that can be effectively controlled. These hormones, insulin, serotonin and human growth hormone, were found to be 'out of balance' in people with a weight problem and their research sought to determine the affects of different foods on the secretion of these hormones. The detailed mechanics of how the personalized diet program was developed remain Dr Cohen's intellectual property.

Through the use of a blood test Dr Cohen is able to create a highly personalised and customised program for each person. The programs are all different, depending on a client's fasting sugar level and liver function, he "prescribes" precise quantities and combinations of foods to raise the level of Human Growth Hormone (HGH), reduce the release of insulin and to normalise serotonin levels. The program is unique in that it is a hormone-approach, prescribed based on body chemistry. Each client is personally monitored by Dr Cohen through follow up blood tests which are performed at certain intervals during the program. Unlike some other diets, the eating plan is balanced, drawing on food from

all the major food groups. The focus is a lifestyle approach so that clients are encouraged to make permanent changes that will ensure they reach their natural body weight and maintain it. Support and guidance is provided along the way from a dedicated Cohen's Lifestyle Clinic team member. This process can also be carried out via correspondence so your new lifestyle can be integrated into your busy schedule with no need for weekly meetings, products or ready made foods.

Clients are taught how to use normal, everyday food as the medicine to correct an underlying hormone imbalance, responsible for their weight problem. While on the program, clients are not required to take any appetite suppressants, drugs of any sort, shakes or tonics. No meal replacements or "special" foods are involved. Clients learn that this is the way they need to eat for the rest of their lives due to their medical condition, for which there is no cure, so it needs to be effectively controlled through a change in lifestyle, much like type two sugar diabetes. The Cohen's Lifestyle Clinic also has a unique "Refeeding Program", which is customised for clients once they achieve their "Metabolic Equilibrium" (natural body weight). During the Refeeding Program, which is a short program that stabilises the body, some foods are re-introduced which they had been taken off while on the original, rapid weightloss program.

Many of our clients also benefit from additional positive side effects. Some experience very rapid fat (not muscle) loss, if the program is followed 100 per cent, their energy and vitality increases. Those with high blood pressure often find that this lowers, as can cholesterol. The appearance of cellulite reduces for others and some report improved elasticity in the skin. One other important side effect is that fertility improves, it will not override contraception, but we have had many women who think they can't fall pregnant and do so about seven weeks into the program. ■ *Although there are many benefits to the program, there are a number of different groups for whom Cohen's Lifestyle Clinic is not suitable. For more information and advice contact: Cohen's Lifestyle Clinic 1300 264 367 or www.cohens.com.au*