

*"Your food becomes
your medicine"*



*"The scientific program
that actually works!"*



Cohen's
WEIGHT LOSS CLINIC
weight loss and wellness through nutrition

introducing
cohen's lifestyle clinic

core philosophy

“The Cohen’s Lifestyle Clinic Program allows food, as prescribed by me, to become your medicine”

Dr Rami Cohen MD FCOG (Wits) SA



Dr Rami Cohen MD F.C.O.G. (Wits) S.A.
international specialist in nutrition, wellness and weight-loss

Started his career in the field of Cardiology, and later specialised in Obstetrics and Gynaecology (particularly infertility).

Led the internationally recognised Wits Medical School's first Test-Tube Program (in-vitro fertilization) for 4 years and enabled many infertile couples to become pregnant.

While conducting this work Dr Cohen encountered the 'problem of obesity'.

This led him to over 3 years of international research (conducted over 30 years ago) resulting in his world-famous 'Cohen Program'.

Dr Cohen now resides in the USA.

10 key aspects about dr cohen's program

1. A PROGRAM BASED ON MEDICAL RESEARCH

Programs are based on International Medical Research which was started in the USA, Europe and South Africa by Dr Cohen and his Medical research partners

2. RAPID, BUT HEALTHY FAT-LOSS

Which firms the muscles, tones and shapes the body while reducing fat content and overall weight. Exercise is not necessary for you to lose weight on Dr Cohen's Program

3. A BALANCED EATING PROGRAM

It is not kilojoules-based, neither a high protein diet, using food from all the food groups

4. MANY YEARS OF SUCCESS

The Program has been available for over 25 years, with many thousands of successful clients from all over the world

5. FOOD BECOMES YOUR MEDICINE

Food is the only thing you take... No injections, tonics, diet pills, meal replacements or special foods, simply the food already in your kitchen

6. WORKS ON THE HORMONES IN YOUR BODY

Correcting the imbalance of Human Growth Hormone, Serotonin and Insulin

7. WORLD-LEADING PROGRAM

This Program is unique, many have tried to copy it over the years though none have access to Dr Cohen's medical research. Many clients have tried all other diets and this is the only program that has worked for them

8. YOUR PROGRAM IS INDIVIDUALLY WORKED OUT

Dr Cohen personally works out your Program which is based on the bio-chemical profile of your blood, which is unique to you

9. YOU ARE UNIQUE

And so, your treatment and return to health and wellness is also treated in a completely individualised manner

10. COMMITMENT WILL LEAD TO SUCCESS

As Dr Cohen says, "Stay with my 'prescription' for you and you will be successful... many hundreds of thousands have... so why not you?!"

obesity – a disease ?

“Obesity, or being overweight, is a medical condition that can be effectively overcome by a change in lifestyle - my clients are living proof of that.

Obesity is a disease and has little or nothing to do with lack of self discipline - it is a metabolic problem arising out of hormonal imbalances”

Dr Rami Cohen MD FCOG (Wits) SA

key indications of obesity syndrome

Low blood sugar

Hunger

Bloating

Constant food cravings

Water retention

Always dieting

Low energy and constant tiredness

Weight gain

expected weight-loss

We are all different and lose weight at a different rate; it depends on how your body responds to the treatment and of course how carefully you follow your Eating Plan.

After four weeks:

10% of clients lose less than 7kgs
70% of clients lose between 7 - 10kgs
20% of clients lose between 10 - 20kgs

After twelve weeks:

12% of clients lose between 17 - 20kgs
60% of clients lose between 20 - 27kgs
28% of clients lose between 27 - 35kgs

the hormones

Dr Cohen's medical research has isolated three hormones that are involved with weight control:

Human Growth Hormone (HGH) - produced by the pituitary gland, which also controls most of the hormones in the body.

HGH has 3 prime functions:

Fix and repair - preserving muscle condition

Slow the ageing process

Burn fat - breaks down fat rapidly to be used as a source of energy

Clients often comment on a marked improvement in their wellness and overall disposition because of an increased level of HGH.

the hormones continued . . .

Insulin - controlled or 'blocked' to regulate blood-glucose levels and therefore stop hunger cravings. Insulin is needed to remove sugar from the blood into the cells where it is used as energy.

Serotonin - is released in the brain to tell the body when it is satisfied, the 'feel good, happy hormone'.

Obese or overweight people do not have a 'balance' between these 3 hormones. To be healthy and slim requires the levels of these hormones to be corrected. If followed precisely, your Program should achieve this.

People with 'Obesity Syndrome' have a sugar level that the body does not want exceeded, if this happens the pancreas produces too much insulin resulting in 3 problems:

- ★ The body "thinks" you are not feeding it, so it holds onto fat and does not allow the HGH access to it.
- ★ The body stops producing serotonin and feels unsatisfied - resulting in over eating and snacking between meals, consuming too much food and the excess is stored as fat.
- ★ The insulin removes too much sugar from the blood, resulting in cravings for the wrong foods that deposit high levels of sugar into the blood stream. This in turn causes the sugar level to rise - and the cycle continues.

Regardless of how much or little is eaten, if these hormones are not balanced it can be difficult to lose weight and maintain the loss. Dr Cohen's Program utilises a hormonal approach to achieve the desired metabolic equilibrium and teaches how to control these hormones by using food as your medicine; it is a permanent lifestyle.

one mistake . . .
could cost you an extra week on the program

You must weigh the food very carefully, and only eat foods listed in your Eating Plan to achieve the best results. Remember the Program is for a short time only - follow it accurately and then live a normal healthy life again!

two secrets to success

- ★ Weighing your food portions accurately (digital food scales are best)
- ★ Drinking 2 to 3 litres of water per day

essential elements of the cohen program:

Minimum 5 hours between main meals - The HGH works best when there is only one protein in the body. Proteins take 5 hours to go through the body, so if at least 5 hours is kept between meals, you will not be mixing proteins.

Last meal eaten before 9pm - If the body is digesting food eaten after 9pm it will interrupt production of the HGH and your fat loss is slowed down.

Fruit and crispbreads may be eaten with or between meals.

Drinks - Tea, coffee and selected diet drinks (caffiene free), are allowed whilst on the Program.

No milk, sugar or alcohol is allowed whilst on the Eating Plan.

Water intake must be at least 2 to 3 litres a day - Water flushes out toxins that block the HGH and therefore drinking water encourages fat metabolism.

Vitamin Supplement - You must take a good vitamin and mineral supplement which contains calcium, magnesium, iron, zinc, and chromium to control the insulin level.

First 3 to 4 days - You may experience mild or more pronounced bouts of some or all of the following: hunger, tiredness, irritability, nausea and headaches. Plan to start with 3 relaxing days!

No excessive exercise - It is preferable that you do not exercise while on your Eating Plan. However, you can usually maintain your current exercise program provided it is not excessive. A sign of excessive exercise is hunger.

Blood donation - You cannot donate blood while following your Eating Plan.

refeeding

The Refeeding Program is the phase of your treatment to wean you off your Eating Plan gradually once you are at your natural goal weight and your body has achieved 'balance'. The Refeeding Program is only effective once the body is working correctly.

Your Refeeding Program is a supplement to your Eating Plan and lasts between 14 - 25 days. It is designed to:

- ★ stabilise the body
- ★ gradually get the body used to larger amounts of foods
- ★ reintroduce the body to foods you have not been having while on the Eating Plan
- ★ teach you how much food your body can handle

The Refeeding Program is a very important component of this treatment and must be completed to assist in long term weight stabilisation.

benefits past clients have experienced

Healthy fat loss
Lowering of high blood pressure
Improved skin elasticity
Increased energy levels
Increased wellbeing

Reduced levels of cholesterol
Decrease in appearance of cellulite
Decreased hunger levels
Improved fertility
Increased ability to cope with stress

testimonies of successful clients

Visit our website for many wonderful stories of changed lives due to Dr Cohen's Program:

www.cohens.com.au

the road to a new slim and healthy you

Once Dr Cohen has decided that you are suitable for his rapid weight loss program, he will analyse your initial blood test results and apply his research data and formulae to develop and prescribe your personalised Eating Plan.

Through the specific combinations and quantities of food, your Eating Plan will trigger the process in your body to get the HGH level to rise, and help to normalise insulin and serotonin levels.

Disclaimer

We recommend that you consult your family doctor before starting any diet or changing your eating habits. Although the success of Cohen's Lifestyle Clinic is remarkable, people are different in their metabolism and some might experience weight loss which is slower than the average mentioned. Therefore, we cannot guarantee that you will lose weight or improve your health with this program.

All information represents the personal views of Cohen's Lifestyle Clinic's program. Dr Cohen reserves the right, to make a decision based on his medical research, whether to allow someone to do his rapid weight loss program.

are you suitable for our Program?

Not suitable for:

- Children (under 15 years)
- People over 65 years taking medication (usually)
- Insulin-dependant diabetics
- Diabetics on medication
- People with liver and kidney problems
- People with severe heart conditions
- Pregnant women
- Breast-feeding women (if the only source of child's nutrition)
- Vegans
- Other conditions may affect your suitability - e.g. bipolar disorder, muscular atrophy, ME, MS or a combination of medications

All applications for the Program will be presented to Dr Cohen for his consideration. Dr Cohen, with your health and safety as a priority, will make a decision based on your medical history and then your blood results.

Finalist in Slimmer of the Year

I was in my late 30's and almost tipping 130kgs. I could not walk far without puffing and had to walk sideways to fit between cars in parking lots.

I joined the Cohen's Lifestyle Clinic Program. This was not a 'quick fix' fad diet and it has changed my life forever. Having initially thought I would starve between meals, I can honestly say I never felt hungry or deprived. I was amazed how the weight was dropping off me every week.

Having been large for so long it has taken a while to get used to the new 'slim me'. I have a new zest for life and I feel great.

My overall health has improved immensely. My confidence and self-esteem have increased!



Sue lost
67kgs in
7 months!



Christie lost
73kgs in just
10 months.

Slimmer of the Year



At the age of 30, my weight ballooned to 143kgs. My 15 month old son choked on a small piece of apple and Child Flight was called to take him to Sydney Children's Hospital. Because I weighed the same as almost three people I was told I was too heavy to go with him. I then had to make the very long and worrying six hour drive. I should have been with my son when he needed me most! It was this near tragedy that made me more determined than ever to lose weight. I went to Cohen's Lifestyle Clinic where Dr Cohen prepared my personal Eating Program. With the right frame of mind and seeing this program as a new lifestyle, it was easy to follow and the rapid results were very motivating. I would strongly recommend that anyone needing to lose weight, do this program - Not only do you get rid of the weight, but you feel great and learn a new lifestyle which enables you to keep the weight off for life!

Keith's Success!

I would like to thank the Cohen's Lifestyle Clinic for not just giving me the tools to lose the weight I so badly needed to lose but also the life long tools to keep my weight normal. I also have the ability at any time in the future, to lose the few kilograms that may sneak up on me whilst on holidays.

I have a good understanding now as to why I put the weight on and am so relieved that I got below what was looking like an impossible weight barrier of 100 kg!!!

The added benefit is that I have been able to get my blood pressure back to normal and as you can see, I now fit into my family kilt that just would not fit before!

Thank you again Cohen's.



Keith lost
32kgs!

Looking Good on Your Special Day



Beth lost
30kgs in just
20 weeks.



I lost 30 kilograms in 20 weeks through Cohen's Lifestyle Clinic. I am happier, healthier and more confident within myself. I took a risk by buying my wedding dress many sizes smaller when I first started the Program, the lady at the bridal shop asked me if I was sure I wanted a size that small as she could not swap it if I did not lose the weight. I completed Cohen's three months before my wedding and I had to get my dress taken in. The program is absolutely amazing, and all the consultants are friendly, helpful, and very understanding. I would highly recommend this program to anyone who feels uncomfortable with their excess weight.



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