

# WEIGHT LOSS



*Dr Graham Duncombe*

*Dr Graham Duncombe is a General Practitioner, with a special interest in Integrative, Anti-Aging and Aesthetic Medicine. He is part of the medical team at Skin, Body, Brain and Health Renewal and consults at Cape Quarter, Willowbridge and Somerset West branches in the Western Cape.*

renewal institute  
incorporating  
skin • body • health • brain • sleep  
www.bodyrenewal.co.za

Getting rid of some extra weight is pretty much on every resolution list for the new-year, especially after the festive season.

What is not commonly known, however, is that one's resistance to Leptin plays a big role in the ability to shift excess weight. Leptin is a hormone found in fat cells, which regulates our metabolisms.

Those with low resistance to Leptin is lucky enough to be able to eat almost anything without gaining weight, whereas those with a high resistance only need to glance at food and see it sit on their hips.

Structural fat protects the organs by acting as a cushion, normal fat is stored as reserves for when the body needs it – both of which is essential for the body to function optimally. Abnormal fat, however, is excess fat that is hard to lose.

The Medical Weight Loss program from Health Renewal is specifically designed to improve the body's sensitivity to Leptin. This program includes a low GI diet, weight loss supplements, daily meal replacement low GI shakes and lipotropic (HCG) injections.

Body Renewal Medical Weight Loss Program



With the support and motivation from the support team from the beginning of the process, each candidate knows that this is a journey they are not walking alone.

During the latest Slender Challenge, 22 contestants lost a combined 375,90kg in just 12 weeks. The winner lost a total of 34,1kg and said that the program completely changed his life.

**Find out more about the best all-rounder body treatments available at Body Renewal by calling 086 175 4672 or visit [www.bodyrenewal.co.za](http://www.bodyrenewal.co.za)**

**CAPE QUARTER | CLAREMONT | CONSTANTIA | STELLENBOSCH | WILLOWBRIDGE**