

What is the best formula for weight loss?



The Good news and the Bad news!

The bad news is that there is no magic formula or magic diet, despite what the latest fad or guru would like you to think!

The good news is that it is possible to lose weight for anyone permanently if you do it properly.

Over the years dieticians often get bad press for refusing to prescribe “high protein –low carb diets, very low calorie diets, or appetite suppressants.

For a lot of people visiting a dietician is often a “last resort” after trying everything else prescribed by people who have very little or no training in nutrition.

What is the benefit of deciding to consult a dietician ?

Dieticians are trained professionals and belong to the health professional’s council in order to be registered. We subscribe to continuous education like other health professionals every year. This means that you will get the best possible and up to date advice from dieticians.

We have in dept knowledge of nutrients produced by food, the effects of nutrients on the body, the amount and types of specific nutrients needed by an individual depending on age, activity, genetics, medical conditions and lifestyle.

When we refuse to prescribe the latest fad diet or agree with unscientific publications like the blood group diets or soup diets, it is because we are committed to long term results in terms of success and health for our clients.

What to expect from your visit with a dietician.

We will assess any current metabolic problems which influences your ability to lose weight or the reason why you are gaining weight .For example: hormonal problems, nutrient deficiencies, stress or diet composition.

Behavioral changes: when embarking on a diet it is important to know that it **IS** going to be tough and there are many circumstances that will send you off track. Getting professional help and support will help you stay on track. Be prepared to stick it out for at least 3 months to get started before deciding if it is working for you or not. A weight loss anything between 5-10kg in 3 months can be expected and is “good going”