

# PROMOTION



## PUT THAT FAT AT BAY...THE EUROPEAN WAY!

Reva always finds the answers to your problems. This time, they've managed to help you get rid of your 'weight problems', once and for all!

Struggling with obesity has always been a never ending battle for most of us. But is 'eating less' and 'exercising more' the only solution to it? Or is there something more that we can explore?

At Reva, they found this 'more'—a unique 'European weight loss programme' originally devised by Dr Simeons in 1950 in Italy which utilizes a natural hormone known as hCG or 'Human Chorionic Gonadotropin' that has scientifically proven to play a role in the fat burning process.

Naturally produced only in pregnant women—where the hormone supports the body when fat is broken down and used to feed the baby—as a diet, hCG works in the same way for both men and women.

In this weight management programme, the hCG helps to trigger the area of the brain known as the Hypothalamus to mobilise otherwise stubborn and abnormal fat stores into the blood stream, which are then used by the cells in our body as energy.

How does this programme work? The Initial Phase comprises of regular administration of an hCG injection combined with a daily 500 calorie diet rule. The diet must consist of a healthy variety of proteins, essential vitamins and minerals taken in specific proportions and combinations. This phase lasts for a period of six weeks without any exercise regime. The next stage, which is the transition phase, ensures a gradual switch from a low calorie diet to a regular diet regime of not more than 2000 calories a day in combination with a startup physical activity which is individually customised. This readily pulls off the fat from the



The Art of Aesthetics

— FACE › SKIN › BODY —

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otherwise stubborn fat stores.

Administered under strict medical guidance, this medically certified programme delivers immensely satisfying results with an expected weight loss of 8 to 12 kgs over a period of 6 weeks. As for circumferential reduction, you can expect to see a reduction of 1 cm per kg of the weight loss. The best part: you're looking at reaching your goal weight with minimal hunger woes since hCG helps you get energy and calories from the stored fat instead of the food in your stomach.

Don't believe us? 'Pound & Inches: A New Approach To Obesity' written by Dr Simeons is an established testimonial to the success of this programme.

But that's not all. To ensure that clients get the best results, Reva also has a specialized facility named Ea'thin Cafe that serves health meals that are calorie specific, customized to their needs, and delivered at their doorstep.

Losing weight was never this simple. Just give yourself a chance and be amazed at the results. No kidding!