



# Breakspears Hospital



## Weight Loss Programme

This booklet provides information about:

- clinical tests Breakspears Hospital offers to show individuals' potential health risks often caused by excess weight
- nutritional supplements and prescriptions that may be recommended
- how we can help with cravings
- our special equipment which may be a part of your successful weight loss programme

*Breakspears Medical Group  
is registered with*





## About Us

Breakspear Hospital is a private clinic registered with the Healthcare Commission, which is an independent organisation that promotes improvement in the quality of the NHS and independent healthcare in England and Wales.

Breakspear Hospital is also registered with the OMA (Obesity Management Association) and adheres to their guidelines. The OMA was established to regulate and monitor the United Kingdom Obesity Management slimming sector, providing patient safety and care and a voice for the doctors and clinic owners in the growing debate and concerns about the treatment of obesity.



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## Introduction

Everyone has their own reasons for changing their eating habits and starting a new lifestyle. It is important for both personal and health reasons to be the right weight.

According to National Statistics (*Report title: Body mass: by sex, 2001: Social Trends 33*):

*Obesity is a major risk factor linked to heart disease, diabetes and premature death. The body mass index (BMI) is a common measure for assessing an individual's weight relative to their height, and a BMI score of over 30 is taken as the definition of obesity. In recent years the proportion of the population who are obese or overweight has been rising. In 2001, over a fifth of males and a similar proportion of females aged 16 and over in England were classified as obese [BMI greater than 30]... A further half of men and third of women were classified as overweight [BMI greater than 25].*

Statistics on the detrimental effects of excess weight are readily available. But because often many people feel fine or do not associate various health problems with being overweight, there is a long-time acceptance of their weight. Unfortunately just because you are feeling fine today does not guarantee that you will be fine tomorrow.

It can also be dangerous for anyone to lose weight too quickly. This is because a toxic load is often caused by the burned fat releasing stored toxins into the blood stream too quickly for the body to deal with effectively. This toxic burden is why many people feel unwell when trying drastic diets.

It can be extremely dangerous for people considered obese to diet without medical supervision.

Breakspear Hospital wishes to help you get down to your ideal weight. We have a wide range of medical laboratory tests to show you clearly if you are at risk or approaching a critical stage in the development of:

- diabetes
- heart disease
- stroke
- high blood pressure
- vitamin and mineral deficiencies

We can help you get into your outfit for your special day ...or back into it for your anniversary.



- high cholesterol
- respiratory illness
- many other illnesses associated with obesity

Many people have found the pathology tests we provide very motivational as the results clearly show if they are at risk of preventable illnesses. You may find that damage caused by excess weight can be reversed if you adhere to a healthier lifestyle.

We offer you medical supervision and advice, which may include prescription medicines if appropriate, medical equipment that boosts metabolic rate to aid in weight loss, and a support system of doctors and nutrition experts.

Our weight loss programme involves many steps in addition to the first consultation with a qualified physician and nutritionist. We understand that trying to lose weight is not easy and we will try to help you in every way we can.



# Do you need to lose weight?

Most people think of the bathroom scales in relation to their weight. The modern way of thinking is called body mass index (BMI).

Your BMI is a number calculated from your weight and height and determines roughly whether you are within or outside a normal weight range. (BMI does not distinguish between mass due to body fat and mass due to muscle. It also does not take account of the distribution of fat, which some believe is significant as well.)

You can work out your BMI by dividing your weight (in kilograms) by the square of your height (in metres). For example, if you weigh 80kg and are 1.65 metres tall, your BMI is 80 divided by 1.65 divided again by 1.65, which is 29.4.

BMI	Classed As	Health Risk
Less than 18.5	Underweight	Some
18.5 to 24.9	Ideal	Normal
25 to 29.9	Overweight	Moderate
30 to 39.9	Obese	High
40 and over	Very obese	Very high

According to *Patient UK* :

*There is also statistical significance to the measurement of your waist and greater risk to your health. It seems that the heavier you are, the longer you carry the extra weight, and the more the fat is around your waist, the greater your health risk, particularly for diabetes and heart disease.*



Waist (Men)	Waist (Women)	Health Risk
94 cm (37 inches)	80 cm (32 inches)	Moderate
102 cm (40 inches)	88 cm (35 inches)	High

Having measurable starting, progress and endpoint goals will help keep you on track.

## Good health and successful results

To start a weight loss programme, you must be committed to change.

It might help to list on a piece of paper your reasons for wanting to lose weight so that you understand and are reminded why you wish to achieve this goal.

Our Pathology Department can provide the laboratory results that will clearly show you what is currently happening in your body. This will help you understand the importance of addressing certain key areas of your diet and how your current lifestyle is potentially damaging your health for the future. The pathology tests can show your actual nutritional status. It is possible to be overweight and malnourished. By supplementing your diet appropriately, you may find that many cravings disappear.

Breakspear Pathology can also run tests for toxic chemicals and/or metals in your body. With the results from these tests, your doctor may recommend a detoxification programme. A proper detoxification programme will help your body cope with the increased burden of toxins which often occurs as you lose weight. Toxins are often stored in fatty tissue and as the fat tissue is broken down, the toxins are released into the bloodstream. This increase of



toxins from fatty tissue in the bloodstream often causes dieters to feel lethargic, sometimes triggers headaches, and ultimately can cause dieters to lose motivation.

Progress reports may be made at suitable intervals throughout the programme.

Your doctor will help you set realistic weight loss goals. We understand that it is hard to diet because you cannot just stop eating entirely; to be successful, you have to change your eating habits. If your goals are realistic and achievable, you will be more likely to stick to the programme.

It may also help to let other people know what your goals are. Supportive friends and family, in addition to the staff at Breakspear, will make it easier to keep to the programme.

It is also very important not to lose faith if you haven't lost weight every time you get on the scales. Each week is different and there are many factors affecting your weight loss.

Changing your lifestyle to a healthy one will take time and will change your life.



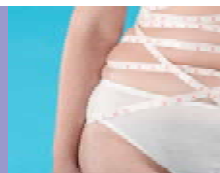
## What Breakspear Hospital offers

You may wonder why a hospital that specialises in allergy and environmental medicine offers a weight loss programme. With over 25 years in the field of specialised diets, nutritional supplements, and helping people gain control of their health, we have a lot of experience that can help people to lose weight.

As part of our weight loss programme, we can provide you with:

- a physical examination to ensure that it is safe for you to start a new weight loss programme
- consultation with a qualified physician who may recommend prescription anti-obesity drugs to help suppress your appetite
- a laboratory nutritional status report to show your current state of health, point out possible areas of concern, and monitor your health throughout the programme

A change from unhealthy habits to healthy habits will yield extraordinary results.



- a personalised nutritional programme created by a nutritional specialist
- an allergy/sensitivity testing and treatment programme to help you overcome cravings. (Often cravings are caused by allergy/sensitivity or intolerance. Our bodies create cravings to avoid withdrawal symptoms from allergenic foods. *See Breakspear's information on Food Allergies, available on our website or leaflets available from Reception.*)

- access to a private sauna and the UK's first whole-body hyperthermia

IRATHERM<sup>®</sup> bed, which boosts metabolism while the user lies comfortably

Our qualified medical staff are always researching and attending lectures on new developments in the field of diet and nutrition. This means that our diet programme is constantly evolving as new techniques are proven successful.

## Frequently asked questions

### What's different about Breakspear Hospital's Weight Loss Programme?

Breakspear Hospital offers you all the fundamentals you need to start a healthy weight loss programme. In your first consultation with a qualified doctor, you will be examined and it will be determined if you are fit to start a weight loss diet. You may wish to then have a variety of pathology tests to show your current state of health and whether you are at risk of some life-threatening illnesses that require immediate attention. Your specialist doctor and clinical nutritionist will recommend nutritional supplements and a diet plan that is suitable specifically for you and may recommend additional treatments to help you with specific concerns. We will start you on a lifestyle changing process that will result in you losing weight.



### How much will I need to spend on the programme?

Once you have completed your initial consultation with a Breakspear doctor, you will receive his/her recommendations for a weight loss programme.

Each programme is compiled on a case by case basis. The treatments and recommendations will be broken down into sections, some of which are strongly recommended and others that are optional. Immediately after your consultation, you may meet our Patient Liaison Officer to discuss the programme's estimated costs before you start. This allows you to decide how much you wish to invest in your programme. (You are also free to take the recommendations and cost estimates home to consider before you start your programme.)

### Do I have to exercise?

If you are able to exercise, we recommend that you do so, because it is recommended for good health, and can help with weight loss and improving body shape. However, we also offer an alternative. We offer sessions on our whole-body hyperthermia bed which heats the body's core temperature, creating a huge increase in metabolic rate, fat mobilisation and enhancement of the body's natural detoxification pathways such as respiratory, renal, gastrointestinal and cutaneous (via the skin).

We're giving away

## The secrets of dieting

Everyone wants to know the secret to a successful diet. There is nothing mystical about losing weight. It all comes down to eating the right foods in the right proportions, ensuring that you're getting enough essential vitamins and minerals, controlling your cravings, and burning excess stores of energy by exercising.

The main difference between following Breakspear's medically-supervised weight loss programme and following many other diets is that we can start by providing you with a detailed outline of your current state of health and provide prescription medicines, if appropriate. Our clinical tests can show you how your body is currently dealing with your diet and lifestyle in ways about which you may not even be aware.

We've all heard that being overweight can cause health troubles such as diabetes and heart disease but because we don't feel sick today, most of us don't think we're at risk. Our Pathology Department can provide you with scientific proof that may show you are borderline diabetic, or have high cholesterol and

triglycerides, which can lead to heart disease or put you at risk of a stroke.

We can also look at a vitamin and mineral evaluation report to determine whether your diet is providing you with everything you need for good health. Just because you have excess fat stored doesn't mean that you have a enough of all the essential nutrients. By looking at your nutritional analysis, we may help determine why you crave some foods. For example, if someone is low in magnesium or vitamin B1, often they crave sugar. By knowing which essentials you require and taking the recommended dietary supplements to provide the daily requirement, you will be ensuring that your body is receiving all the nutrients it needs.

Also, by ensuring that you have all the essentials, you may avoid other illnesses that are associated with deficiencies. For example, arthritis, high blood pressure and osteoporosis are linked to a calcium deficiency, and anaemia and hair loss are often linked to a copper deficiency. Evaluating your nutritional status can be very beneficial.

## Dieting tips

- Make small changes to favourite recipes for lower calorie and "bad fat" intake. (Bad fats are saturated fats and trans fats.)
- When reducing your meal portions, imagine your meal fitting into your cupped hands and don't eat more!
- It is all right not to stick to the diet 100% of the time but try to adhere to it 80% of the time.
- Think about the food or drink in the context in which you eat it and ask yourself if you are eating it for convenience or need.
- Drink at least 6 large glasses of water per day to keep your body hydrated and healthy.
- Try to eat the recommended 5 servings of fruits and vegetables every day. We recommend organic foods whenever possible.
- Try drinking water when you are hungry to help you avoid snacking. It is easy to mistake thirst for hunger.
- Replace sugar, honey, treacle and even artificial sweeteners with sweet fruits or purées.
- Be sure to eat a variety of foods and try to have "breaks" from commonly eaten foods. For example, try not to eat wheat every day.
- Lower your intake of so called "white foods". That means avoid foods that are highly processed such as white flour, refined sugar, white rice and other refined carbohydrates.
- It is important to eat the right balance of the different types of fats and not eliminate all fats. Good fats (as found in olive and rapeseed oil) are an important part of a healthy diet.
- Allergies can cause up to 10% of body weight with fluid retention. By using our allergy treatment programme, the excessive fluid retention caused by allergies/sensitivities can be reduced or eliminated.

Losing weight can make you feel better and improve your health.



## How to start our programme

### 1. Book your appointment

You may simply call and make an appointment directly or you can request a referral from your GP or private physician. Breakspears Hospital is a private day clinic and we are open to everyone.

### 2. It all starts with a consultation

Once you have booked your appointment, you will receive our standard medical history form. This will help the doctor get a clearer picture of your health. Each patient has special needs and requires case-specific examinations, tests, treatments and dietary programmes. After your initial consultation, a treatment programme will be drawn up on the patient management sheet and the liaison staff will then explain the costs involved and your course of action, which will be agreed prior to any tests or treatments commencing.

### 3. Recommendations provided

You may wish to have the recommended series of pathology tests completed as soon as possible. These tests can be arranged through Reception. As mentioned, you will be given your doctor's recommendations that may include a detoxifying diet, a short-term metabolism changing diet, a prescription medicine and/or starting an allergy/sensitivity desensitisation programme to help reduce cravings. In addition, your doctor may recommend a series of treatments on the hyperthermia bed (*For more information on our IRATHERM<sup>®</sup> bed, visit our website or ask for our booklet, "Whole-Body Hyperthermia*

*Treatment*"). Bookings may be arranged through Reception. If you have any further questions about the treatments or tests, please speak to our Patient Liaison Officer.

### 4. Treatment is now in your hands

With your doctor's recommendations, you are ready to start your personalised weight loss programme.

Imagine how it would feel to get back into those jeans...



### 5. Returning for re-testing and evaluation

We look forward to seeing your progress while you are taking part in our weight loss programme. You are welcome to use our medical scales, or to have a nurse take your new measurements, to monitor your progress on a drop-in basis. If you wish to speak to your doctor or nutritionist, please arrange an appointment through Reception.

If you want to see evidence of your improved nutritional status, we can run any of the pathology tests again after a reasonable period.

When you have reached your desired weight, we recommend that you see your nutritionist again to discuss a healthy maintenance diet.



## **Breakspear Medical Group Ltd**

Hertfordshire House

Wood Lane

Hemel Hempstead

Hertfordshire

HP2 4FD

United Kingdom

**Main switchboard:**

+44 (0)1442 261 333

**Email:**

[info@breakspearmedical.com](mailto:info@breakspearmedical.com)

[www.breakspearmedical.com](http://www.breakspearmedical.com)