

Major causes of being overweight:

Inherited slow metabolism

Research has proven obesity to be linked to genetic inheritance. Thus body weight can be influenced by genetic factors such as inherited slow combustion mechanism, endocrine factors, increased fat deposition, etc.

Hormone sensitive metabolism

Puberty, contraceptives, pregnancy, hysterectomy, fertility treatment or hormone replacement therapy often results in weight gain obesity.

Leptin Levels

Leptin is a circulating protein hormone produced by fat cells. Leptin regulates food intake by binding to specific receptors in the brain and thereby regulates neuroendocrine function and energy intake and expenditure. Deficiencies of Leptin is associated with obesity. Patients with sensitised Leptin levels can eat almost anything without gaining weight. Patients with desensitised Leptin levels suffer from an increased appetite and desire for food and everything they eat is changed into fat and stored. Causes of desensitised Leptin levels include generic factors, hormonal treatment, medication such as cortisone, antibiotics and antidepressants, viral infection, emotional trauma and stress, anesthetics and compulsive eating habits.

Overeating

Some people overload their metabolism so much that the body can't burn the excess food fast enough, so the food is stored as fat. When this happens regularly, the brain's ability to differentiate between hunger and cravings becomes diminished. Eventually it becomes extremely difficult to resist any cravings for food and this leads to a/the destructive cycle of obesity.

Risks associated with obesity:

Obesity is recognised as the most common disease in many countries all over the world. The term "disease" is perfectly justified since it can lead to illness and premature death due to a multitude of causes.

Morbidity

Obesity influences both morbidity and mortality. Statistics show a mortality rate of more than 50% greater than normal in overweight persons in the same age groups.

Heart failure

Obesity causes an extraordinary burden on the heart function and eventually leads to heart failure.

Coronary artery disease

The majority of obese patients also suffer from high blood pressure, high cholesterol, arteriosclerosis and poor circulation, all which can result in a heart attack or stroke.

Diabetes

Obesity is an important cause of Type 2 (late onset) diabetes.

Lung diseases

The increased burden on the lungs to supply adequate amounts of oxygen to the tissues, as well as the decreased ability of the lungs to move and thus properly function within the obese patient, leads to lung disease and heart failure.

Joint pain

Spinal; vertebrae, hips, knees and ankles frequently show the effects of obesity.

Hormone disturbances

This frequently occurs in obese women and may lead to infertility.

Complications during pregnancy

It is known that obesity is one of the primary causes of complications during childbirth.

The **Proven Medical**
Weight Loss Programme

 **Slender
Wonder**

The **Weight Loss**
System that treats
the **CAUSE!**

With so many weight loss products and systems available, why is it still

so difficult

for many people

to lose weight and keep it off?

In this fast paced world, everyone is looking for an instant solution to weight loss. Unfortunately the world is full of empty promises. That is why so many people have given up hope. They have tried one too many 'miracle cures' with little or no success.

At Slender Wonder you won't find empty promises, just real results. We believe that a complex problem such as being overweight, requires a total solution.

We have the solution

Using scientific and personal analysis we establish your individual needs.

We help you to achieve success by focusing on the physical, mental as well as emotional aspects involved in losing weight.

What does this really mean? It means we look at you as a real person, at the whole you - body and mind. We approach the challenge of being overweight on every level. And we find the solution.

What is

Slender Wonder about?

Based on more than 40 years of experience, the doctors at Slender Wonder combine the very latest discoveries in the field of weight loss with scientifically proven principles that have stood the test of time.

The Slender Wonder Meal Plan

This flexible, practical plan will help you to change your eating habits without starving yourself, it is well balanced and incorporates a meal replacement shake to ensure optimal nutrition while you lose weight.

The Slender Wonder Supplements

Containing the most up-to-date, natural weight loss aids, the Slender Wonder range helps to normalize your body's fat burning mechanism, helping you to feel great with abundant energy and improved health (see some of the exciting benefits further on).

The Slender Wonder Support System

We are committed to walking the road with you, providing emotional and motivational support. Your success is our success.

Experience Real Benefits

- improved sense of well being
- lower mood and energy swings
- decreased food cravings
- increased clarity of mind
- losing fat, firming up lean muscle
- fast metabolic rate
- better oxygen supply to all cells
- lower cholesterol levels
- help prevent thrombosis
- eases premenstrual tension
- helps to alleviate headaches / migraines
- helps to relieve arthritic pain
- regulates hormonal imbalances
- aids those suffering from high blood pressure, heart disease, diabetes, eczema arthritis ... and much more!



In a world with so many roads to choose, choose the road that leads to success!

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The statements in this pamphlet are not meant to treat, diagnose, cure or prevent any disease. The Slender Wonder Weight Loss Program is designed a guideline to help you acquire your desired goal weight using sensible eating and exercise programs.