



# HEALTHY WEIGHT LOSS

for both men and women

*MZ-MEDICAL*

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*science with humanity*



## SCIENCE-BASED, INDIVIDUALISED WEIGHT LOSS PROGRAMMES

***Weight gain is extremely common**, affecting both men and women. Abdominal fat results in several adverse metabolic conditions, including unhealthy levels of glucose and cholesterol, hypertension and cardiovascular disease.*

*In addition, a hypocaloric and nutritionally incomplete diet can put women at an increased risk of developing **osteoporosis and associated fractures**.*

*A restrictive diet or a diet rich in over-processed foods can also result in micronutrient deficiency and affect our **mood and mental energy**.*

*Many weight loss programmes result in short-term success but fail to maintain long-term weight loss. One of the reasons for this lack of **long-term success** is the loss of lean muscle mass that occurs with the weight loss. In addition, the metabolic decline that occurs after lean muscle mass loss results in a subsequent regain in fat mass, thus perpetuating the problem.*

*Therefore, the aim of our programmes is to not only successfully **achieve weight loss**, but to **also improve other parameters such as blood pressure, lipid and glucose levels as well as reduce systemic chronic inflammation and maintain/increase bone density and lean muscle mass while regaining physical and mental energy**.*

*Our programmes are based on the insights gained over twenty years of experience and supported by research-based evidence and we believe our sensible and science-based approach will be affective in addressing weight loss and improving overall health.*

*We would be pleased to hear from you.*



**Dr Maria Zalazar**  
*MZ-Medical*  
*Founder and Medical Director*

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Tackling excessive weight while  
improving overall health

## OUR WEIGHT LOSS PROGRAMMES

Designed to offer practical help to get you where you want to be



With regards to diets, you may have been all in, all out and everything in between. Excessive weight can compromise health and challenge a person's identity, self-esteem, body image and even relationships. With this in mind, our weight loss programmes are designed to help you to:

- ✔ Safely reduce visceral fat without losing lean body mass
- ✔ Improve cholesterol and glucose levels naturally
- ✔ Achieve sustainable weight loss
- ✔ Reduce blood pressure and waist circumference
- ✔ Regain your physical and emotional energy
- ✔ Make small and simple changes to lose weight easily
- ✔ Stop weight fluctuations
- ✔ Safely minimise risk factors for chronic health conditions
- ✔ Lessen uncertainty through on-going support
- ✔ Reduce chronic inflammation
- ✔ Evaluate your own progress
- ✔ Finally, gather new ideas to apply in your day-to-day life

# HEALTHY WEIGHT LOSS

## Strategies

You will be guided step by step to lose weight while improving your overall health through the following strategies:



### MEAL PLAN

Your entire life can really change by following an adequate meal plan. This will be provided alongside a grocery list.



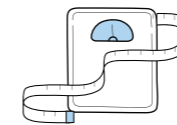
### PHYSICAL ACTIVITY

Physical activity can and should be enjoyable. You will be guided and supported to achieve long-term weight loss and prevent weight regain by easily incorporating physical activity into your routine.



### PRACTICAL LIFESTYLE RECOMMENDATIONS

Lifestyle advice via multiple remote delivery modes will be provided to optimise effectiveness.



### ASSESSMENT AND MONITORING

Baseline and weekly weight, nutritional and physical activity assessment and monitoring.



### VIRTUAL SUPPORT

Personalised support and advice 24/7



### DIETARY SUPPLEMENTATION

Broad-spectrum micronutrient formulas and other specific supplements may be proposed to help to boost physical and mental energy and maintain metabolically active lean body mass.



## QUICKEST WEIGHT LOSS PROGRAMME

No appointment needed

- ▶ **Duration:** 4 weeks
- ▶ **Strategy:** A simple and easy weight loss programme which can be followed entirely online.
- ▶ **Support:** Weekly email support.
- ▶ **Assessment and monitoring:** Baseline and weekly weight, nutritional and physical activity assessment.
- ▶ **Report:** Medical discussion of your progress and post-programme recommendation.



This programme allows you to immediately start a four-week nutritional plan and get access to email support once a week.

This programme will suit people who do not have any other health conditions and want to lose weight within 4 weeks.

# PROGRAMME FOR ACHIEVING AND MAINTAINING WEIGHT LOSS

Designed to optimise your overall health

- ▶ **Duration:** 12 weeks
- ▶ **Strategy:** After an initial consultation and commencement of your weight loss programme, you will be able to check your progress weekly (based on a self-assessment questionnaire). Final measurements and self-assessment will be taken after 12 weeks.
- ▶ **Consultation:** This programme begins with a 45 - 60 minute remote consultation where other possible health conditions and the use of medications will be investigated. A past personal and family clinical history will also be taken. You will be requested to provide your weight, height, blood pressure and other parameters at the beginning and at the end of this programme. Although laboratory diagnostic tests can be reviewed at any time, we encourage you to send these once you join your programme.
- ▶ **Individualised nutritional plan:** Following the initial consultation, you will receive a 6-week individualised nutritional plan and get access to email support throughout.
- ▶ **Support:** Your progress will be assessed remotely once a week, but email support will be available at any time you need us.
- ▶ **Integration:** After 6 weeks, you will receive a new 6-week nutritional plan which will be adapted to your progress and integrate some measures to help you to maintain your body weight.
- ▶ **Dietary supplements:** To improve body composition by maintaining lean body mass and your nutritional status, dietary supplements may be proposed.
- ▶ **Assessment:** Baseline and weekly weight, nutritional and physical activity assessment.
- ▶ **Report:** Medical discussing of your progress and post-programme recommendation.



This comprehensive weight-loss programme will allow you to lose weight, improve your overall health and acquire the knowledge and skills to maintain a more optimal weight.

## PROGRAMME FOR MAINTAINING WEIGHT LOSS

Maintaining weight loss will get easier over time

- ▶ **Duration:** 12 weeks
- ▶ **Consultation:** This programme begins with a remote 45-minute consultation where we focus on your individual influences to determine what strategies should be implemented safely to achieve notable weight loss and weight maintenance.
- ▶ **Dietary Plan:** You will receive an initial 6-week nutritional plan and a second individualised plan after 6 weeks.
- ▶ **Support:** Your progress will be assessed remotely once a week but email support will be available at any time you need us.
- ▶ **Supplementation:** You will be recommended specific dietary supplements if they are required.
- ▶ **Assessment:** Baseline and weekly weight, nutritional and physical activity assessment.
- ▶ **Report:** Medical discussing of your progress and post-programme recommendation.



This programme focusses only on the weight maintenance of people who have previously experienced noticeable weight loss.

The rationale for this is that maintenance of weight loss is more difficult to achieve than weight loss itself, and the strategies needed to sustain it in the long term are different from those for initial weight loss.

## GENERAL INFORMATION

All our weight loss programmes are provided remotely



### Primary results

- ▶ **Successful weight loss:** our programmes seek a decrease of at least 5% of baseline body weight in 12 weeks.
- ▶ **Successful weight maintenance:** your target weight should remain at least 5% lower than the baseline for at least 1 year.
- ▶ **Safe and realistic weight loss:** your safety is our main priority and we discourage following popular diets that induce a deleterious blood lipid profile such as increased LDL cholesterol. A 5%–10% weight loss from dietary intervention and physical activity is realistic and at a sustainable level.

### Secondary results

- ▶ **Reduction in cholesterol, insulin and glucose levels:** the level of weight loss of 5%-10% has been shown to have a beneficial impact on health, including improvements in glycaemia and blood lipid levels (glucose, cholesterol, triglycerides and insulin) as well as in obesity-related complications, including gastroesophageal reflux disease and osteoarthritis.
- ▶ **Reduction in blood pressure:** dietary interventions can be tailored to specifically reduce blood pressure.
- ▶ **Reduction in waist circumference:** amongst the physical outcomes, we would also aim to achieve a decrease in waist circumference.

### Strengths

- ▶ **Redesigned programmes for those with dietary restrictions** due to ethical, lifestyle or religious views.
- ▶ **Worldwide applicability:** our methods are effective regardless of where you live.
- ▶ **Far-reaching health benefits:** our programmes can be effective not only to address excessive weight, but also to reduce the risk of developing chronic diseases such as hyperlipidemia or cardiovascular disease.
- ▶ **Reduction in the need for multiple medication,** therefore the risk of polypharmacy.

### Constraints

- ▶ **Medication weaning may be needed;** therefore, if you have been using medications such as antihypertensive or statins you should also see your medical specialist for medication adjustment.
- ▶ **Pharmaceutical and surgical approaches:** interventions that involve weight-loss medications or weight-loss surgery are not included in these programmes.
- ▶ **Certain assessments cannot be administered remotely:** Weight, blood pressure and other measurements as well as laboratory tests cannot be carried out by us directly; however, you will receive the support needed to have them done.



Successful weight loss  
based on the latest  
scientific research

## MZ-MEDICAL

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Personalised hormone replacement  
therapy and health programmes to  
support middle-aged women.

### LET'S GET STARTED

worldwide virtual consultations  
[mz-medical.com](http://mz-medical.com)



Simply scan our WhatsApp QR code  
or email us at  
[admin@drmariazalazar.com](mailto:admin@drmariazalazar.com)  
for enquiries and bookings