



GET IN TOUCH

Dr Hamadri Ellepola - General Practice
Doctor and Weight Loss Program Clinician



We are passionate about the role of a healthy weight range in the long-term prevention of many avoidable chronic diseases. We would love the opportunity to discuss how **The Doctor's 6 Week Weight Loss Program** can benefit your own personalised health considerations and journey to longevity.

ABOUT US

The **Age Less Clinic & General Practice** was established by Dr Aparna Hegde to rethink how modern professionally trained medical doctors can use their specialist skills to identify root causes of illness and seek avoidance of chronic disease before it occurs - Functional Medicine. By helping the body to efficiently function and avoid chronic disease well into older age, extending longevity is a real opportunity we all should give close consideration to. Whilst still maintaining a focus on General Practice in the clinic, the addition of Functional or Integrative Medicine provides a more holistic health outcome for patients. Genetic DNA testing & interpretation, PRP, HRT, toxicity analysis, gut health & microbiome analysis and cosmetic/aesthetic medicine is just the start of a holistic medical approach to complement General Practice.

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[theagelessgp](https://www.instagram.com/theagelessgp)

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The Age Less Clinic & General Practice

Functional Medicine



for Healthy Longevity

In Partnership with The Doctor's Kitchen Medically Prescribed 6 Week Weight Loss Program

Accelerate your weight loss and health goals with the Doctor's 6 week weight loss program through The Age Less Clinic and General Practice. This 6 week program combines real GPs and the latest levels of biometric science and technology. Our preventative medicine local Doctors will be your ultimate companion to helping you achieve your weight loss and optimise your journey to better health to be the healthiest you can be.

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IMPORTANCE OF UNDERSTANDING BODY COMPOSITION MEASUREMENTS

In Clinic body composition measurement (including body & visceral fat, muscle mass, metabolic age, Basal Metabolic Rate – BMR (the number of calories your body burns at rest), bone mass and body mass index guide our Doctors to recommend a plan to help you lose fat, maintain your muscle and improve your overall health. Discover and take steps to lower your biological age today.

- 1 Book an initial 30min consultation with a specialist doctor to discuss your current health, weight loss objectives and baseline measurement of your body composition as a health assessment to identify risk factors for chronic disease specific to you.
- 2 In this consultation your doctor will take measurements with segmental composition analysis low energy emission equipment to record your body composition metrics and assess these against desirable ranges and advise your comparison to the wider population data we have available. Your doctor will then design a weight loss program with tailored diet and calorie intake considerations to address opportunities for improvement in muscle mass, bone density and reductions in body fat % and chronic disease causing visceral fat considering your own specific biometrics. This is not a one size fits all program. It is personalised to you!



WHAT WE OFFER

- 1 Access to the latest advanced biometric science with high levels of reproducible clinical accuracy.
- 2 A prescribed by Doctors' program personalised for you with measurable weight loss outcomes contributing to reducing your risk factors for chronic disease.
- 3 With adherence to the Program, improved metabolic health, improved fasting sugar & insulin, improved lipid profile, reduced cardiovascular risk and reduced inflammation which is a precursor to aging and degenerative changes in the body
- 4 The opportunity to learn more about health improvement and chronic disease avoidance by discussing wellness and healthy longevity with one of our Functional Medicine specialists.
- 5 6 Week Weight Loss Program Costs (exclusive of food)
 - Program Initial GP Consultation (approx. 30mins, \$200)
 - Program Periodic Follow-Up GP Consultation (approx. 15mins, \$120)
 - Program Initial Functional Medicine Specialist Consultation (approx. 30mins, \$300)
 - Program Periodic Follow-Up Functional Medicine Specialist Consultation (approx. 15 mins, \$175)

- 3 Now for the really exciting steps! Arrange your nutritionist designed delicious Lite n Easy meal supply recommended by your doctor and book in for your periodic body composition measurements to record progress against your first assessment and wider population averages. This is the truly rewarding step of seeing your overall health improve as measured by many more considerations than simply just body weight. We recommend minimum fortnightly follow-up consultations during the 6 week program although many people will appreciate the additional contact and motivation of weekly measurements. The Doctor's Health & Weight Tracker App will track your vital stat's so you can see progress and importantly keep you accountable. The accompanying 6 week Resistance Workout Plan is tailored to your fitness level and designed to help maintain your lean muscle mass to boost metabolism and improve muscular fitness.

