

Diet

"Man Know Thyself" is the first step to claim health and longevity.

Dr. Pierce has a sincere and special interest in weight loss and weight management. He wants you to feel comfortable in your body and live life optimally. Dr. Pierce realised that gut and inflammation as well as stress and sleep hygiene play major roles when considering diet programmes and stated clearly that all of these pillars need to be considered in obtaining the ideal weight. He stated : "The best investment in longevity is taking care of your weight and attend to all the underlying causes that go with it". Dr. Pierce had many successful stories and happy patients/clients. Take the first step, give him a call, and embark on the journey to well-being.

The Ascot Diet Plan

The ASCOT Diet Clinics founder, Paul Van Der Berg, was confronted with changes in retail Pharmacy and decided to develop his own slimming program, using injections together with different medicines and slimming techniques. Today the Ascot Diet program is well known, with clinics in South Africa, Mozambique, Swaziland, and Ghana. They also have clients in Australia, England, Dubai, and Zimbabwe.

What is the Ascot Diet?

We use homeopathic injections to increase metabolism and break down fat. This is combined with various medicines to assist you with your diet. Most of the products we use are natural and all the products are absolutely safe. Losing weight is possible and with a little help from Ascot Diet Clinic's homeopathic injections, it's in your reach to lose the desired weight and maintain your weight when you've completed the diet. Our pharmacist was very thorough in formulating the ultimate combination of natural stimulation to suit each individual and our Professional Health Coaches are the driving force to help keep you

motivated with the diet plan, with regular recording and assistance for each individual.

HOW DOES THE ASCOT DIET WORK?

We use homeopathic injections to speed up your metabolism and thereby break down your own body fat to use as energy. We change our medicine throughout the diet as well as change different meal plans to obtain optimum metabolism and safe weight loss. This means that we work closely with you throughout the weight loss program.

CAN MY DIET PLAN BE USED WITH ANY OTHER EATING PROGRAM OR DIET?

Yes, as long as your meal plan contains the right amount of kilojoules. We prefer however that you use our meal plans because we know that they contain the correct amount of kilojoules. You may use a meal plan that is totally too high in kilojoules and you will lose nothing or even gain weight.

DO I NEED ANY SPECIAL FOOD TO MAINTAIN THE ASCOT DIET PROGRAM?

No. We use food that you will normally have in your house. In fact, you can eat almost anything if you watch your kilojoule intake. All our meal plans are designed for safe weight loss with a balanced meal.

WILL THE WEIGHT PILE BACK ON WHEN I STOP THE INJECTIONS?

The injections are homeopathic and not hormone-based so we are not messing with the endocrine system. The only way you will pick up weight when you stop is if you go back to your old eating patterns and take in too many calories. Any excess will be stored as fat. Our Health Coach will advise you to maintain the weight loss and make specific recommendations.

DO I HAVE TO GO TO THE GYM WHEN DOING THE ASCOT DIET?

No, it is not imperative but any extra movement will help tap into your fat reserves. Park a bit further away from the entrance of the shopping center, take the stairs, walk the dog, just try to move a bit more. This will benefit your overall health as well as assist in weight loss.

WHY WILL I FEEL MISERABLE AND NAUSEOUS IN THE FIRST FEW DAYS?

Our fat cells store toxins that are in our food. Farmers include growth hormones, antibiotics, and pesticides in the food we eat. Our body stores these in the fat and when the injections start to break down our fat reserves, these toxins are released to be drained through the lymphatic system. This could cause you to feel miserable but most clients only have a headache for a little while or NO symptoms at all.