

ANCIENT GREEK OLYMPIAN DIET PERFECT FOR LOSING THE POUNDS and THE YEARS –

research from the Sanguinum weight-loss system

Successful German medical weight-loss program, now available in the UK is proven to reduce atherosclerosis and knocks 20 years off the body's biological age

A new medical study reveals that Sanguinum (San-gween-um), an acclaimed weight-loss programme from Germany, now available in the UK, shows that the degree of atherosclerosis – the accumulation of debris on the arterial walls – is significantly reduced in participants following the weight loss plan which proves that the biological age can be reduced by 20 years. Among other health benefits, the study also reveals that Sanguinum is beneficial for the prevention of diabetes, heart attacks and strokes.

The natural weight loss treatment involves a diet similar to that of the Ancient Greek Olympians, which was high in protein rich vegetables, fish, Greek yoghurt and a balanced amount of fruit and bread. This combination of protein and carbohydrates is known for its success for losing fat and maintaining muscle.

The natural weight-loss programme, revered in Germany and Switzerland, and available on Harley Street in the UK (www.londonnaturaltherapies.co.uk), has a 90% success rate and has already helped over 20,000 people lose weight. The natural weight loss treatment has been so successful since its launch 10 years ago that general medical practitioner Dr Jürgen Sprachmann decided to conduct the study.

Dr Sprachmann says: 'Right from the start, I felt drawn to the concept of the Sanguinum-system. The holistic approach with a natural metabolic stabilization, the therapeutic patient care and the special nutritional education convinced me to carry out the study and the happy, satisfied clients confirmed this.'

Katrin Hempel, German Naturopath, based in Harley Street, who offers the Sanguinum programme says. "The new findings confirm that Sanguinum isn't just a great way to lose weight effectively but at the same time improve health and reduce the risk for serious diseases. I am excited to be able to offer this fantastic new weight loss system to the UK".

The observation study was carried out over a period of 6 months and the 86 participants were measured for health effects in direct result of following the Sanguinum plan. The women lost on average 16.7kg during the first 3 months, whereas men lost 20.2 kg of weight. Amongst both men and women, it was proven that blood pressure was lowered, blood sugar reduced, lipid levels lessened and the metabolism was stabilized during and after the weight-loss programme. Furthermore, on completing the programme, it could be demonstrated, that the long-term blood sugar levels (HbA1c) were reduced from 5.73 to 5.21, on average. This is equivalent with a 10% reduced risk to develop a cardio-vascular disease in the future.

The study, conducted on participants who had succeeded in losing weight using the Sanguinum programme measurably improved their health.

An important part of the observation was the ultrasound investigation of the artery at the neck, which was performed at participants before and after the weight loss. Thereby Dr. Sprachmann could prove that the thickness of the arterial wall reduces by 0.2mm on average at the end of the Sanguinum program. This indicates a reduction of the biological age by 20 years according to the 'Rotterdam-study', which was published in 1997 in The Lancet. This significant reduction of the degree of atherosclerosis in the vessels markedly minimizes the risk of heart attack, stroke and atherosclerosis. According to the study results, even the risk of developing dementia and Alzheimer in later years is greatly reduced.

The results of the observation study clearly show that patients don't only benefit from successful weight reduction with the Sanguinum program, but also, and very importantly, do evidently reduce their risk of developing serious diseases like diabetes, heart attacks and stroke, as well as dementia and Alzheimer.

For all press enquiries, please contact Aimee on:

aimee@fitpr.co.uk