

Want to lose 5 kgs a month?!!!

Obesity can lead to diabetes, heart attacks, strokes, heartburn, arthritis of the knees and poor sleep. An easy, cheap and proven way to lose weight is:

1. Cut out all carbohydrates (bread, cereal, rice pasta, cakes puddings, sugar, fruit juices and gas cool drinks, sweet yogurts)
2. Eat a proteins (meat, chicken, fish; liver, cheese, eggs) with vegetables for breakfast
3. Fruits for lunch;
4. Proteins meal at about 3 pm and
5. A light protein snack for supper.
6. Plenty vegetables with meals.

To sleep better, suppers must be very small.

Always eat before you get hungry, and you will eat less. Food portions must not be bigger than your fist; that's the size of your stomach.

Only drink diet cool drinks and water; stop fruit juice.

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Services: Full general examinations, Pap smears, ECG's Lung function tests, Child health care, Counselling for depression, anxiety, panic disorders, Drug addiction, marital and relationship problems, Sexual disorders, Special interests: Asthma, Diabetes, heart disease