

Three bright green apples are arranged on a white background. One apple is in the foreground, slightly to the right, and is the largest. Two other apples are behind it, one to the left and one to the right, both slightly smaller and partially obscured. The apples have a smooth, glossy texture and a small brown stem at the top.

# **SAINT JAMES HOSPITAL**

## **WEIGHT MANAGEMENT PROGRAM**

At Saint James Hospital we believe that weight management isn't just about losing, gaining or maintaining weight. It is also about achieving an appropriate weight balance, which is crucial for the good health and wellbeing of every individual, as well as improving self-esteem and being who you want to be.

# THE PROGRAM

## PROGRAMME DIRECTOR, DR ASMA ZAYAT

*Msc Human Nutrition, Clinical specialization, University of Glasgow.*

Dr Asma Zayat together with our team of experts have introduced an effective and revolutionary **3 month weight loss** program. Our program includes in depth health assessment, tailor made dietary program and **nutritional food products** including shakes, multi vitamins and fibers.

## THE PROGRAMME ...

A comprehensive **health** assessment will be carried out by our team of experts and will include; Blood Pressure, Glucose, **Full Physical check up**, fitness assessment and Body Mass Index.

Based on the results of the Health assessment, patients will be supplied with a tailor made **weight loss program** which will include a healthy and effective diet to be followed for the next **3 months**.

In conjunction with the dietary program, patients will also be given the suggested **nutritional food products** as well as guidance and information on how they should be used.

Patients will be monitored **once a week** to start off with and then once a fortnight during the last month.



# NUTRITIONAL FOOD PRODUCTS AND SUPPLEMENTS

## Nutritional Shakes

### Overview

A healthy meal with up to 19 essential vitamins, minerals and nutrients in seven delicious flavors that can help support weight management.

### Key Benefits

A healthy meal for balanced nutrition  
Manage weight, gain better health  
Get 9g of protein and healthy fiber  
Nourish your body with Cellular Nutrition

## Multivitamins

### Overview

A Cellular Nutrition-powered multivitamin with over 20 essential nutrients and antioxidants, including folic acid, calcium and iron.

### Key Benefits

Essential nutrients for overall vitality  
Support healthy weight management and your immune system  
Promote healthy bones, skin and hair

## Protein supplements

### Overview

A fat-free protein supplement for hunger control and healthy weight management with 5g of soy and whey protein, and all 9 essential amino acids.

### Key Benefits

Satisfy and control hunger  
Support adequate protein intake with low-fat protein  
Build and maintain lean muscle mass

**... and the cost?**

Weight loss program including 10 consultations with Dr Asma Zayat, the suggested Food products and supplements as indicated above, dietary program, Health and fitness assessments and full physical check up

**Lyd 330 per month** based on a 3 month program





## **Saint James Hospital**

Wesayat El Bderi, Nofleen Tripoli – Libya

00218 021 711 3092  
00218 021 719 0843  
00218 091 775 6610

sarah@stjhl Libya.com  
bookings@stjhl Libya.com

