

### Visit 3

- SPECIFIC DIET Prescribed
- HORMONES and Medicines Prescribed
- Exercise/Breathing monitored
- Discussions regarding any difficulties and solution
- REALISTIC GOAL SETTING!!



### Visit 4

- Urine dip stick test to check "COMPLIANCE"!!!!
- Discussion regarding side effects and solutions
- Blood pressure check
- Refilling Prescriptions



### Visit 5

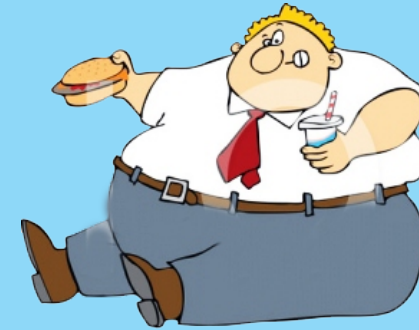
- Urine checks when needed
- Resolving side effects
- Monitoring progress
- Modifying Diets and exercises as needed

### Our expectations from you

- Please ask questions if you need clarification on something.
- Please bring ALL medicines/medical records/Investigations file during first visit
- Please involve/bring your spouse at least for ONE visit. Their involvement makes it easier for you to carry on program successfully.
- You should be able to take some time off from your routine schedule for suggested activities including planning for "RESCUE BOX".

# WAR *(white adipocyte reduction)* AGAINST FAT

Many people (That may be you!) wonder .....



Why does my weight never go down despite of eating less?

Or

Why am I gaining weight even if I seem to be eating same amount of food for last few months?

Or

Why my weight seems to be more around my tummy increasing my waist line?

Or

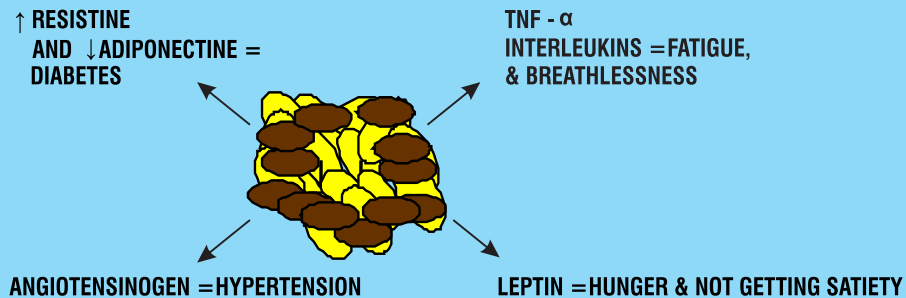
How somebody else seems to eat more than me and yet not gain any weight?

Or

Why my weight does "yo-yo" that is goes down and comes back again?

*There are perfect scientific, medical explanations for these questions.*

1. Each Individual body has a unique way of dealing with specific food and calorie That means some types of food will cause you to gain weight while other person may not have any weight gain with same food. **Understanding your uniqueness (physiology) is very important before embarking on any diet program!!!**
2. **Indian population has more tendency of losing muscles when starving/dieting. Thus any program which just focuses on weight loss with dieting alone is harmful in long run !!**
3. **White fat cells in your tummy are not just mere storing fat but they secrete certain hormones and chemicals in your body which ultimately cause diabetes, fatigue, aches & pains in body, hypertension and various diseases !!!**



4. **Losing bad weight i.e. Fat cells in gut (tummy) is important while gaining good weight i.e. brown fat cells and muscle mass is equally important!!!**

THERE IS A NEED FOR MEDICALLY SUPERVISED, SCIENTIFIC PROGRAM WHICH IS LONG TERM, ECONOMICAL WITH EMPHASIS ON FAT LOSS AND NOT COSMETIC WEIGHT LOSS. THIS PROGRAM SHOULD BE ALSO FOR MUSCLE WEIGHT INCREASE. IISS HAS INITIATED SUCH A PROGRAM CALLED “WAR” (WHITE ADIPOCYTE REDUCTION) .

## What does “WAR” program offer?

- Long Term program (12 months)
- Many visits are included in WAR Program. Number of visits are depending upon the need of an individual participant.
- Each Visit will have unique significance
- Emphasis shall be on **Fat loss and not cosmetic weight loss**
- IISS team spends more than 50 hours for each individual for analysis of food diaries, exercises, diet, behavioral modifications, effective practical solutions for day to day life style of individuals.
- Specialized program for muscle mass gain which ensures long term success
- **Economical**
- Patented products and proprietary medicine
- **limited number of patients for individual attention**



## Programme Schedules

### Visit 1

- Detailed **Medical history**
- Specific physical measurements
- Questionnaires filling
- Coaching regarding How to fill **Food diary**
- Activity measuring devices for 4 days
- Specific blood test prescriptions
- Total time =1.5 hours



### Visit 2

- TREADMILL TEST for determining aerobic prescription for fat loss
- **Breathing techniques learning**
- Beginning of **Strength training**
- Blood test interpretations
- Food Diary analysis
- TOTAL TIME SPENT = 1.5 HRS

