



‘FLAB TO FAB’

The NutriLife 28-Day Weight Loss Programme

The NutriLife Weight Loss Programme has been devised by Janine Fahri, an established and highly-qualified nutrition and lifestyle expert with BSc (Hons) degrees in both nutritional therapy and psychology.

Endorsed by top Harley Street consultants, the NutriLife Weight Loss Programme will help you to lose weight safely and effectively - and keep it off. Based on cutting-edge scientific research and REAL food, you will learn what to eat, when to eat and how to eat for your optimum health and weight-loss success.

The NutriLife Weight Loss Programme includes:

- A personalised nutritional & lifestyle weight-loss plan
- Meal ideas for breakfast, lunch, dinner and snacks
- Suggested recipes
- An eating out guide
- A metabolism-boosting protocol
- A personalised vitamin & mineral regime
- Food diary review and analyses
- Ongoing advice and support for your maximum weight-loss success
- Referral for specialist laboratory tests, where applicable, to help identify factors which may be impacting on your weight e.g. Food allergies & intolerances, poor digestion, vitamin & mineral deficiencies, and hormonal imbalances.

PROGRAMME TIMELINE

Baseline

Pre-consultation assessment*

Initial consultation (1 hour)

Week 1

Telephone consultation #1 (15 minutes)

Week 2

First follow-up consultation (1 hour)

Week 3

Telephone consultation #2 (15 minutes)

Week 4

Follow-up consultation (30 minutes)

** To ensure that all nutritional, lifestyle and dietary supplement recommendations are tailor-made to suit your personal needs, you will be required to complete a comprehensive questionnaire and three-day food diary prior to your initial consultation.*

FEEES

Total package price = £485

INTRODUCTORY OFFER

Book by 31st August 2011 and **SAVE £135** (£350 instead of £485)

Book by 30th September 2011 and **SAVE £100** (£385 instead of £485)

The Small Print

Dietary supplements (e.g. vitamins & minerals) and specialist laboratory test fees, where applicable, are payable separately.

All nutritional therapy consultation fees are payable in advance. To avoid the forfeit of fees paid, a minimum of 48 hours notice (Monday to Friday, 9am to 6pm, excluding public holidays) is required for the cancellation or re-scheduling of appointments.

BIOGRAPHY

Janine Fahri is an established and highly-qualified nutrition and lifestyle specialist with BSc (Hons) degrees in both nutritional therapy and psychology. She is founder of the renowned NutriLife Clinic in Marylebone where she has successfully helped countless individuals to lose weight and reach their optimum health.

Janine has gained an excellent reputation with the country's top medical consultants and she regularly contributes to leading publications such as The Times, Daily Mail, Telegraph, Runner's World, Men's Health, Red, More!, Elle and Marie Claire. She carries professional indemnity insurance and is an accredited member of the British Association for Applied Nutrition and Nutritional Therapy (BANT) whose Code of Ethics and Practice governs standards of professionalism in nutritional therapy.

TESTIMONIAL

"I was referred to Janine Fahri at NutriLife Clinic by my Consultant Neurosurgeon in Harley Street following spinal surgery. Janine has helped me improve my quality of life by educating me on what, when and how to eat. With her advice and constant monitoring, I have managed to reduce inflammation by consuming healthier foods and I have lost over 20kg (45lbs/3 stone +) in weight. I would gladly recommend Janine to anyone who wants to look and feel their best - her programme definitely worked for me!" - Mr. Sami Numan

CONTACT

NutriLife Clinic is based in Marylebone High Street, London W1. Should you be unable to attend all appointments at the clinic in person, telephone consultations can be arranged upon request.

Hours of business and contact are Monday to Friday, 9am to 6pm. A Saturday clinic is available by special arrangement.

For bookings or further information, please call Janine Fahri on 07956 848 002.