



PROJECT PERSONAL WELLNESS

The Wellness industry is growing at a tremendous rate worldwide. It appears that everyone wants to look better, stay healthier and live longer. The truth, however, is that many people do nothing about it, content in letting nature take its course.

In recent years, a growing number of people are taking fate into their own hands. They proactively seek out lifestyle changes that can add to the healthy years of their life and change the way they look. Ageing gracefully is no longer about looking one's chronological age and accepting early onset of chronic

medical conditions from years of over-eating and under-activity.

Ultimately, the goal of looking good, eating choices, fitness levels and disease prevention is a personal choice. Is it more important to drive a sports car and live in a large property, or to look good and stay

healthy? Only you can answer that question and make the appropriate lifestyle changes.

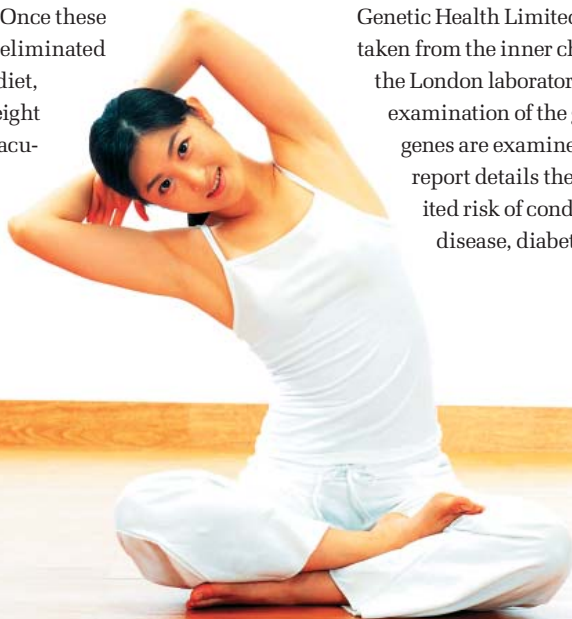
Should you wish to pursue the path of wellness, the range of options can be bewildering at best. Which eating plan to follow, where to get your beauty therapy, what vitamins to take... The list is endless.

One regime can work for many, but is it right for you?

Many people have struggled to follow the oft-recommended low-calorie, low-fat, low-carbohydrate eating plan and regular exercise. Yet, they fail to lose more than a few kilos. Some have kept trim, stayed active and yet succumbed to heart attacks in their 20s, 30s or early 40s, purely because of their genetic makeup. For these people, getting advice based on their individual genetic or physiological makeup can be life-saving. Wellness takes on a new meaning under such circumstances.

At Simply Aesthetic, we have moved Wellness to the next level.

Starting with the Food Intolerance Test, we have identified common food types which our clients, who are most at their wit's end, cannot metabolize well. Once these foods are eliminated from the diet, excess weight often miraculously



drops off. Certainly, going on a diet of special shakes thrice a day may give faster results, but converting back to a normal eating plan will likely pile on the pounds again. So, it is certainly more viable to create a lifelong eating plan based on what you can or cannot eat. It allows you to indulge in the “clean” foods without eliminating any favorites or entire food groups without good reason.

Clients who have adopted the tailored eating plan and added in a fitness regime fare even better. Any aesthetic work is then targeted towards rejuvenation and stubborn fat areas, as opposed to overall fat destruction. The latter option, without lifestyle changes, will only have limited long-term benefits.

Simply Aesthetic now provides personal genetic screening in association with Genetic Health Limited (UK). Cells are taken from the inner cheeks and sent to the London laboratory for extraction and examination of the genes. Forty-two genes are examined, and the 50-page report details the individual's inherited risk of conditions like heart disease, diabetes, osteoporosis,

certain cancers (lung, breast, prostate) as well as the obesity gene. For ladies, the genetic profile determines the safety of hormone replacement therapy and the ideal hormonal combination for optimal benefits.

Other personal wellness markers include blood tests for intestinal health and oxidative stress.

Moving outside of health optimization and external beauty, Simply Aesthetic has integral ties with a number of allied health professionals. From a leading Motivational Trainer to Nutrition and Fitness Consultants, Wellness at Simply Aesthetic has moved from looking good to optimal health and peak performance.

Ultimately, the one-size-fits-all program is not suitable for everyone. Customizing a lifestyle plan according to your individual genetic makeup and physiological response allows you to take your personal wellness up to an entirely new level. In the same way, our team will suggest aesthetic treatments and lifestyle changes suited to your individual needs and goals. At Simply Aesthetic, we can help you to look your best, feel your best and be your best. ■



Aesthetics doctor and anaesthetist **Dr Christine Cheng** operates Simply Aesthetic Rejuvenation & Contouring Clinic. For more information, please visit www.simply-aesthetic.com

simply aesthetic
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Our Medical Services include: Biomesosculpture, Botox, Fillers, Chemical Peels, IPL, Microdermabrasion and Mesotherapy (melt fat & cellulite, lift face & loose skin, stimulate hair growth). Our comprehensive weight loss service includes the Food Intolerance Test, a Nutrition Consultant, a Fitness Consultant. Advanced contouring technology accelerates and enhances our slimming treatments.