

Bariatric Lifestyle Program

BALLOON/SURGERY

Phase 1

Evaluate lifestyle

Plan dietary changes, liver shrinking diet & prepare stomach for procedure

Phase 2

Long Term Lifestyle Management:

- 1 : Restaurant dining, navigating pitfalls
- 2 : Smart shopping & recipe adjustment
- 3 : Hosting a healthy "braai"
- 4 : Mindful Snacking
- 5 : Stabilizing - The way forward

Session Structure

Initial: 2 Main Sessions of R900 each

These sessions will include consultations regarding weight loss and preparation for the procedure.

Follow-up appointments R400 each

Online Consults available!

Contact Information

☎ (012) 367 4312

☎ 082 733 7181

📍 Mediclinic Kloof Hospital
511 Jochemus St,
Erasmuskloof,
Pretoria
0048

📍 Cintocare Hospital
175 Frikkie De Beer St,
Menlyn,
Pretoria,
0181

✉ lizesnymandiet@gmail.com

"It's a lifestyle change, not a diet"