



LOSE WEIGHT & FEEL GREAT

SAFELY & EFFECTIVELY

WITH THE METABOLIC HCG DIET

USED BY DOCTORS AND THEIR PATIENTS

{by Kim Raimann}



Dr Mayer Eisenstein had been overweight for over 30 years (over 300 pounds at his heaviest), had high blood pressure for nearly 20 years (which he was on medication for), and had trouble walking due to chronic back pain. About a year ago, after trying almost every diet out there with varying degrees of success, Dr. Eisenstein, along with his wife and daughter, started the Metabolic HCG Diet and the results have been astonishing. Dr. Eisenstein has lost 114 pounds, has had normal blood pressure for the last 10 months, is off his medication, and no longer has chronic back pain. His wife Karen has lost 71 pounds and her pre-diabetic symptoms have vanished. His daughter Jen, a nurse practitioner, weighed 222 pounds, had been overweight since second grade, and had chronic knee problems she attributed to a motorcycle accident. After six months on the Metabolic HCG Diet, she lost 62 pounds and went from a size 16 to a size 8. The knee problems she thought were due to the motorcycle accident were gone, and she realized the pain was actually due to the fact that she was overweight.

“Weight triggers everything,” says Jen. “I have never felt better; I wish I would have done this sooner. I’m thinner than I have ever been and have more stamina and energy. My entire family has benefited from this diet. After only a few months on the program, my father (Dr. Eisenstein) realized how beneficial and life changing this diet could be for anyone who is experiencing a weight problem and he incorporated it into his practice. We’ve had numerous patients who were Type 2 diabetics and had been on insulin for years. After six months on the Metabolic HCG Diet, they were able to go off their insulin

and stabilize their blood sugars. It’s amazing to watch our patients’ lives turn around once they have lost the weight and regained their health.”

According to Dr. Eisenstein, the Metabolic HCG Diet is about more than just weight loss. Many patients (including himself) who complete the program have also experienced other health benefits, including lowered cholesterol, blood pressure, and blood sugar.

“Studies have shown that maintaining healthy levels in these four areas- blood pressure, bad cholesterol, central obesity (belly fat), and blood sugar (insulin resistance) - increases life expectancy while decreasing the incidence of heart disease and stroke.” Dr. Eisenstein has had over 500 patients who have successfully completed the Metabolic HCG Diet.

Dr. Makena Marangu, who is an Age Management Physician and long time friend of Dr. Eisenstein, quickly realized that this diet would complement both her Bio-Identical Hormone Replacement Therapy Program as well as her Heart Attack, Stroke, and Diabetes Prevention Program. Consequently, Dr. Marangu is now offering the same Metabolic HCG Diet in her Medical Practice in South Orange County.

It is no secret that weight gain is one of the issues that plagues men and women as they age and approach peri-menopause, menopause, and andropause (male menopause). This is one

of the most challenging situations people face and even the most educated and successful individuals are often hung up by this one thing that they can’t seem to get under control: weight gain. “The Metabolic HCG Diet is a wonderful program because it is a roadmap to regaining optimum health and losing weight safely and effectively, says Dr. Marangu. By helping my patients to lose excess weight, I am able to help them focus on the root cause of the majority of all health issues including heart attack, stroke, diabetes, and joint pain.”

“THE METABOLIC HCG DIET IS A ROADMAP TO REGAINING OPTIMUM HEALTH.”



- Dr. Marangu

In 1996, Dr. Marangu started a private practice in San Juan Capistrano dedicated to Age Management Medicine. This includes Bio-Identical Hormone Replacement Therapy, Heart Attack, Stroke and Diabetes Prevention. Dr. Marangu completed a five year General Trauma and Surgery Residency, a Hand Surgery Fellowship, Plastic Surgery Residency, and has completed extensive training in Age Management and Anti-Aging Medicine. She is one of 400 doctors that are Diplomats in Anti-Aging and Regenerative Medicine through the American Academy of Anti-Aging Medicine. She is also one of 214 Fellows in the United States in Anti-Aging and Regenerative Medicine, and one of the few Advanced Fellows to have completed a Fellowship in Anti-Aging Regenerative and Functional Medicine. She is an Examiner for the American Academy of Anti-Aging Medicine and is also certified in Age Management Medicine through the Cenegenics Medical Institute.





Testimonials

I knew my body was changing and didn't know how to help myself. I was experiencing depression, catastrophic mood swings, crying for no apparent reason, mega hot flashes, and lack of libido, among many things. I made an appointment after seeing Dr. Marangu's advertisement in The OC Gazette. I was curious as to what could help me live a normal life again. Today, my body and life are back to normal and I have lost 38lbs. Hallelujah! It is so amazing to experience life at 56 and feel on top of the world every day. Thank you Dr. Marangu so much for your care!

- Kathy, Dana Point

I have been a patient of Dr. Marangu since 2005. Her program has had a significant impact on my life. Since I have been going to her, my bad cholesterol is down, my good cholesterol is up, the constant joint pains I experienced are gone, my weight is down, and my energy level is way up. She never stops learning new techniques and approaches and her advice has always been sound. Many times Dr. Marangu has recommended therapies that, months later, I will hear about on television. I consider her a valued resource in my life.

- Larry Bell

We have been patients of Dr. Makena Marangu since January 2006. We initially met Dr. Marangu at one of her informational group seminars at her office in San Juan Capistrano. From our first meeting, Dr. Marangu exhibited professionalism and a strong interest in our well being. Dr. Marangu also regularly attends medical meetings and seminars to ensure that she is kept abreast of the latest developments in her field. Cheryl has noticed impressive improvements in her post menopausal symptoms, and both of us have experienced increased strength and endurance. Even at the age of 64, Dennis is able to complete strenuous projects, requiring extensive strength and endurance with no aches and pains afterwards.

Although Dr. Marangu is a specialist in Age Management and maintaining vitality, in some ways she is almost like a family doctor in that we have obtained referrals from her to other specialists as needed. She is also quick to return phone calls if we have any questions. We have been very pleased with our overall experience with Dr. Marangu and would recommend her to others without reservation and, in fact, we have.

- Dennis & Cheryl Devereux

Dr. Marangu is not only an expert in her field, but provides individualized treatment programs for each patient. She is a great listener who spends more than the usual amount of time with her patients. Dr. Marangu also addresses nutrition/diet, exercise, and stress management as a comprehensive approach to improving her patient's overall health.

- Dr. K.L. (M.D.)



How do Hormones *fit into* the Aging Process?

Traditionally, we have been told that aging is inevitable and that progressive deterioration cannot be prevented. Fortunately, there is a revolution in science and medicine that now identifies aging as a disease. Mainstream medicine is now focusing on the prevention of the aging process, rather than simply treating symptoms of aging. One of the most important preventive therapies is hormone supplementation for men and women.

As the levels of hormones decline, so do our mental and physical capabilities. We lose energy, vitality, strength, and health, and we gain weight in spite of our efforts not to. This deterioration results in osteoporosis, heart disease, muscle loss, sleep disorders, depression, mood disorders, and decreased sociability in both women and men. By restoring these hormones to their appropriate levels and losing excess weight, it is now possible to restore youthful zeal and energy and to strengthen our bodies and minds. We can improve - even reverse - many of the signs of aging that we once thought were unavoidable. This is why Dr. Marangu is so excited about her Bio-Identical Hormone Replacement Therapy, Heart Attack, Stroke and Diabities Prevention Programs and her Metabolic HCG Diet Clinic.

The proper replacement of hormones involves replenishing all of the deficient hormones back to optimal, more youthful levels using only Bio-Identical Hormones. Which hormones to replenish, how much to replenish, and how to adjust the hormones is the art and science of the specialty of Bio-Identical Hormone Replacement.

This is a case where one size does not fit all: A customized hormone and weight loss program can help you eliminate the debilitating symptoms of perimenopause, menopause, and andropause.

BIO-IDENTICAL HORMONE REPLACEMENT THERAPY

Featured on Oprah and in Suzanne Somers' Books!

ARE YOU SUFFERING FROM ANY OF THESE SYMPTOMS?

- Decreased "Enjoyment of Life"
- Decreased work performance
- Sad or Grumpy
- "Grumpy Old Man Syndrome"
- Depression
- Irritability, Anger or Bad temper
- Decrease in cognitive function
- Feelings of being over stressed
- Anxiety or Nervousness
- Loss of memory or concentration

Men

- Weight gain
- Decrease in sex drive
- Decrease in muscle mass
- Decrease in strength
- Decrease in endurance
- Loss of height
- Lack of energy
- Erections less strong
- Deterioration in sports ability
- Falling asleep after dinner
- Stiffness & pain in joints and muscles

- Weird dreams
- Dizzy spells
- Mood swings
- Panic attacks
- Migraine headaches
- Skin feeling crawly
- Memory lapses
- Depression
- Anxiety & Irritability
- Hot flashes
- Insomnia & Night sweats
- Snoring
- Hair growth on face
- Weight gain
- Osteoporosis
- Sore breasts

- Palpitations
- Lower back pain
- Bloating
- Indigestion
- Flatulence
- Frequent urination
- Urinary leakage
- Urinary tract infections
- Vaginal itching
- Vaginal dryness
- Loss of sexual interest
- Painful intercourse
- Varicose veins
- Aching ankles, knees, wrists, shoulders, heels

Women

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FREE WEEKLY SEMINARS – Make your reservation today (949)443-4313

Meet Dr. Eisenstein at Dr. Marangu's Office on Feb 17th
for a **FREE** WEIGHT LOSS SEMINAR

www.makenawerks.com

See pg. 43 for details

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