



# Chrono-Nutrition Switzerland

Dr. med. Tatjana Somborski, Zurich, Switzerland | [www.chrono-nutrition.com](http://www.chrono-nutrition.com)

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Media release

Available FOR THE FIRST TIME EVER in Switzerland:

## Chrono-Nutrition by Dr. Gifing – Lose weight using your internal biological clock

- **Losing weight without the yo-yo effect is much harder than you think!**
- **Dr. Ana Gifing, physician in anti-aging, has developed a holistic slimming program that is available FOR THE FIRST TIME EVER in Switzerland.**
- **The medical program is based on the latest scientific research and takes into account the body's natural metabolic clock.**
- **So far, more than 60,000 people have successfully lost weight without the yo-yo effect using this program.**

Trendy diet books sell like "hotcakes" these days. Nevertheless, in the long run, they help very few people to lose weight and to regulate their derailed metabolism (hypertension, cholesterol, blood sugar). More times than not, as soon as you slave over losing a few kilos, they are generally back within a short time. And typically you end up with more weight than you had before you started the diet. In fact, about 90 percent of weight loss diets end with the yo-yo effect - a natural reaction of our body, which is anchored in our metabolism since the Stone Age.

Due to an increasing number of people (as well as children and adolescents) bringing too many pounds to the scale, Dr. Ana Gifing, physician in anti-aging, developed a holistic nutrition program – the so-called "Chrono-Nutrition by Dr. Gifing" – which utilizes many years of research as well as the latest scientific findings from nutritional physiology, endocrinology, biochemistry, molecular biology and biophysics.

In the past 10 years, more than 60,000 people have already lost weight sustainably and optimized their metabolism.



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## What's so special about it?

This medical program is not about counting calories nor food restriction. Eating until full is allowed and encouraged. Its defining factors are quite different; namely:

- **Considering the metabolic clock of the organism.** In order to be slim and to maintain it, it is important to eat in harmony with the natural rhythms of our hormone and enzyme production. This means that what foods are eaten and at what time plays a major role. So concentrated carbohydrates, such as whole-wheat bread, pasta or rice, for example, are allowed for breakfast. In the evening, however, they are taboo.
- **Relief of strain on the pancreas.** This is done by, among other things, having a five-hour break between each meal.
- **Optimizing digestion and intestinal health.** At the doctor's office, it will be examined to see whether any food intolerances exist.
- **Balancing pH in the body.**
- **Adding personalized dietary supplements** (such as vitamins, minerals or herbal remedies for, as an example, liver regeneration).

The advantage of the Chrono-Nutrition program is that the yo-yo effect is avoided and metabolic disorders can be permanently corrected.

## For the first time ever in Switzerland

The "Chrono-Nutrition program by Dr. Gifing" is a medical weight loss program that can be offered only by physicians with appropriate training. This program is now available FOR THE FIRST TIME EVER in Switzerland – at the practice of the Zurich-based internist, **Dr. Tatjana Somborski**.

**Learn more:** [www.chrono-nutrition.com](http://www.chrono-nutrition.com)

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