



Chrono-Nutrition Switzerland

Dr. med. Tatjana Somborski | www.chrono-nutrition.com

Background

Dr. med. Ana Gifing – Founder of the Chrono-Nutrition program



Dr. Ana Gifing (picture), physician in anti-aging, developed a medical nutrition program designed for weight management that is available for the first time ever in Switzerland. With her scientifically proven chrono program, more than 60,000 people have already lost weight without the yo-yo effect.

One of the most current and effective medical weight loss programs does not come from the United States, but rather the Balkans; more specifically from Belgrade (Serbia) - a region that is rarely connected with health innovation. The driving force behind the holistic approach to weight management is **Dr. Ana Gifing**. This physician in anti-aging treats (severely) overweight people daily in her practice.

Short Bio about Dr. Ana Gifing

Dr. Ana Gifing completed her doctorate in 1984 at the Medical Faculty in Belgrade. She then worked, inter alia, at the Children's Hospital of the Belgrade University Hospital and at the Military Medical Academy of Anesthesiology and Reanimation.

After that, the granddaughter of the doctor Branko Manojlovic (who opened the first clinic for preventive medicine before the Second World War in the Serbian city of Novi Sad), decided to work in preventive health care.

In 2003, Dr. Ana Gifing opened her own practice in Belgrade for preventive medicine (drgifing.com) and built it up with internationally renowned specialists in physiology, biochemistry, endocrinology and dietetics including, among others, Dr. Alfred Wolf, Jacob



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Teitelbaum, Patrick Holford, Dr. Markus Metka and Thomas M. Walkensteiner. In 2006, she passed the European examination in anti-aging medicine in Vienna.

The metabolic regulatory Chrono-Nutrition program that Dr. Gifing developed through years of research and observation proved to be so successful that nine more Chrono-Nutrition centers could be opened in the following years.

At the end of 2015, the first Chrono-Nutrition center in Switzerland was opened – by Dr. Tatjana Somborski, owner of Zurich's Praxis am Central (www.chrono-ernaehrung.com).

Dr. Ana Gifing is the author of numerous scientific papers in the field of preventive medicine and has written several popular books. In the U.S., she attends lectures several times a year as a guest professor of preventive medicine. Since July 2013, she also acts as a consultant at a private hospital in the State of Oregon.

Note

The chrono-slimming program by Dr. Gifing can only be offered by physicians with appropriate training.