

Leading Cosmetic Clinic Advocates Diet Over Surgery

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Court House Clinics have surprised many by supporting findings that a 'quick fix' cosmetic treatment for weight loss just isn't viable.

Dr Patrick Bowler Medical Director Court House Clinics (<http://www.courthouseclinics.com>) says:

"We always advise our patients during consultation that our Alizonne weight loss treatment is not something that can be completed in 24 hours. It is a medically supervised programme that takes time, but gets results and more importantly maintains them."

The national cosmetic group have used a case study of their own to provide evidence for their statement. Jane Mason a 43 year old mother from Birmingham weighed 15st and 2lbs when she approached Court House Clinics seeking advice on Bariatric weight loss surgery. She had a BMI of 42.8. Overweight and in poor health Ms Mason was advised by the group that they could help her lose weight but that in order to do so, she would have to be prepared to rigidly follow the Alizonne diet programme laid out for her, otherwise any surgical or non-surgical weight loss treatment would be useless.

Following the treatment and after care guidance from the group, Ms Mason went from a size 22 to a size 8 in 32 weeks, dropping 7st and 7lbs giving her a final BMI of 24. She says:

"I tried to lose weight many times before, but without success. What I needed was someone to be strict with me and so signed up to the doctor supervised, clinic-led Alizonne weight loss programme at Court House Clinics in Birmingham. Working through the phases, I started on 5 sachets a day plus veg or salad at lunch and dinner. There were masses to choose from: vanilla coffee, hot chocolate and chicken nuggets were my favourites. Each week I also had two treatments: an ultrasound that directly targets loose skin, and a connective tissue treatment that helps to flush the fat from your cells and tone your skin. I lost 9lb the first week, a stone and half in 4 weeks, and in just over 7 months I'd lost over 7 stone! Now I feel so healthy and I've avoided surgery."

Ms Mason's case is one of many weight loss success stories that Court House Clinics have on record and the group are very open about the level of commitment they advise patients to have in order for their Alizonne treatment to be successful.

Dr Patrick Bowler explains:

"These results cannot be achieved by surgery alone. Obese patients are put at risk by quick fix surgery's which do not have any long term health or medical benefits. Court House Clinics advise anyone thinking of undertaking a weight loss treatment to fully investigate the programme before investing money. Surgical solutions are only ever part of the solution, not the whole solution according to the group. Patient participation and commitment to treatment is a key factor in getting the desired results."

About Court House Clinics

Court House Clinics was founded by Dr Patrick Bowler in 1998. The clinics are CQQ & IHAS registered and provide advanced surgical and non-surgical cosmetic treatments in a medical environment. Dr Patrick Bowler is a Founder member and Fellow of the British College of Aesthetic Medicine (formerly the British Association of Cosmetic Doctors) and he sits on the advisory board for Treatments You Can Trust. Dr Bowler is available for media interviews and comment. Please contact Lynne Thomas at Flipside PR on 0207 631 5180 lynne@flipsidepr.co.uk

