



Welcome to

NO MAD

REVERSE-AGEING PLAN

NoMAD is a unique reverse-ageing programme which leads to the most enhanced form of cleansing/detoxification.

The NoMAD plan allows you to benefit from autophagy in a medically-supervised, sustainable way based on scientific research. Our team uses detailed consultations and comprehensive investigations to give you a full picture of your current and future health.

Structured around a fasting programme together with micronutrition support, NoMAD is designed to cleanse your cells of toxins that have accumulated over years of stress, giving your mind and body renewed health. It also resets the body metabolism beyond the programme and hence avoids yo-yo effects.

Autophagy

- Destruction of damaged or redundant tissue

There are a number of diet plans that have benefits to well being through weight reduction however very few will go far enough to achieve the physiological benefits of reversing ageing in addition to profound sustainable weight loss.

The key difference between calorie controlled plans and autophagy, is the significant cellular repair and regeneration that occurs. The basic idea behind autophagy is that in the absence of external sources of food, the body begins to eat itself (auto: self, phage: eat). In essence, the principle of avoiding external nutrition (fasting) leads to a sequence of events where the body devours its own toxins, cellular debris and non-essential proteins.

The Benefits

- Encourages the growth of new cells enhancing cognitive function
 - Improvements in mood and mental clarity
 - Supports immune strength in warding off infections
 - Reduces inflammatory processes in the body
 - Promotes the production of growth hormone
 - Reduces joint pain and stiffness
 - Encourages fat loss
 - Improves sleep
 - Improves skin conditions such as eczema
 - Reduces cravings and addictive impulses
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NOMAD

www.thenomadplan.co.uk

Your Journey to Success...

The success of NoMAD is based on working with our bodies natural primal innate ability to correct itself and supporting this paradigm shift using modern medical innovation.

NoMAD enables us to 'cross the line' from calorie control plans to sustainable and profound physical, physiological and aesthetic changes.

Our research shows a physical change can start as soon as 3 days into NoMAD and the psychological relationship with food changes within 10 days.

It is our belief that NoMAD can change lives.

But don't just take our word for it...

“ Today I am in a completely different place where weight loss is only one component of the reward. I have learned so much about how my body works and have become so acutely aware of my body and its needs and what drives my wellbeing. It is a journey that I would recommend to anyone who wishes to live well.”

Book your free
consultation now on:

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