



The society for Ernährungsmedizin und Diätetik
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Aachen

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The Society for Nutritional Medicine and
Dietetics e.V.

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REHA Clinic at the Rose Spring

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Müller-Nothmann

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from Your contact person(s)

Phone

Date 09.11.2004

Sven-David Müller-Nothmann 0241-9610320

Dear Sir or Madam,

Obesity is the scourge of the 21st century. 52 to 55 percent of women and 66 to 67 percent of men suffer from obesity (body mass index greater than 25). Although the dramatic consequences of obesity, type 2 diabetes mellitus, high blood pressure and cardiovascular disease, have long been no secret, the number of overweight people continues to rise. Years of nutrition education, increasing body and health awareness, countless new super diets for weight reduction and scientifically proven, supervised weight loss programs - nothing helps, the statistics remain frightening. The majority of overweight people not only suffer from the physical consequences, mental problems are also not infrequently the consequence of the excessive pounds. Many overweight people try to lose weight again and again, but fail miserably. The reason: The therapeutic measures are frequently to the failure -zerurt=ilt, since the incorrect Essverhalten and/or the behavior patterns are not lastingly changed. Exactly this is the starting point of the Dagmar Herzog method, in which the newest realizations of the emotion research are used. This method is based on a reprogramming of negative behavior patterns. Already in early childhood we are programmed by emotions, so that the same behavioral patterns run over and over again in response to certain stimuli. For example, a certain stimulus can cause a feeling of hunger to arise. With the Dagmar Herzog method, this misprogramming is eliminated. This / method thus offers a sustainable problem solution and promises long-term success in the therapy of overweight.

Sven-David Müller-Nothmann