



Insulin-resistance is another contributing factor in our modern lives. It is a blood sugar disorder that causes carbohydrate cravings and increases fat storage and is caused by an unhealthy lifestyle. Most people who are overweight are insulin-resistant, Galvão explains.

Having been overweight from childhood and reaching 113kg at the age of 25, she was desperate to find a solution to her weight problem. After studying pharmacy, as well as research spanning many years, Galvão launched the Eden Life Wellness Clinic in Johannesburg where her weight Loss programme does not advocate carbohydrates, except in small portions, or a fat-free diet. Instead it encourages a moderately high protein intake and a low-fat way of eating because certain good fats are essential.

She is living proof of the success of her programme, having shed 50kg. Her clientele includes people from all walks of life, all ages, all sizes, including a number of celebrities like the legendary South African singer PJ

Powers who lost 14.5kg and 54cm. Galvão is often the last resort for people before surgery like liposuction and tummy tucks.

The clinic has even acquired some international clients, who have heard of Galvão ground-breaking philosophy about biochemicals and seen the testimonials on her website. "It's really easy with technology these days," she explains. "Me and my team of qualified weight management professionals have 30-minute Skype consultations with clients every two weeks or more, if they require, wherein we cover their measurements and current weight. We review their progress and adjust their eating plans." Galvão and the team also coach clients, and the Skype sessions include cognitive restructuring, a set of techniques to become more aware of your thoughts and modify them when they are distorted, neurolinguistic programming, which helps you to let go of limiting beliefs and past baggage, as well as behaviour modification techniques. "We talk clients through the programme and encourage them when they are struggling," she says.

Skype enables the Eden Life team to see how people are losing weight, watch them on the scale in full view of the camera, how they measure themselves with the measuring tape and see how they are holding up. It's the next best thing to an actual consultation. "At the end, a patient is so motivated to succeed, there is no way they will miss their next Skype appointment!" says Galvão.

To find out more about the Eden Life programme and how you can become a remote client, visit [www.edenlifeclinic.com](http://www.edenlifeclinic.com) or connect via Skype: [edenlifeclinic](https://www.skype.com/partners/edenlifeclinic)



South African actor, Robert Whitehead best known for his role as Barker Haines in the SABC3 soapie *Isidingo* in a weigh-in with Paula Galvão