

### CASE STUDY ON THE BASIC, MEDIUM AND SHOCK PROTOCOLS OF THE TISANOREICA METHOD

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#### Introduction

The aim of this study is that of proving the efficacy of the various protocols (basic, medium and shock protocols) of the Tisanoreica method in a group of overweight or obese subjects who present with no other concomitant pathological forms.

#### Materials and Methods

This case study involved 42 clients (41 females, 1 male), divided as follows: 13 of them followed the Basic protocol (average age 38.4); 5 of them followed the medium protocol (average age 39.4); while 24 followed the crash protocol (average age 47.0). The subjects were not affected by pathologies such as hypertension, dislipidemia or metabolic alterations of other types than those quoted. The subjects concerned underwent anthropometric evaluation and BIA (bioelectrical impedance analysis), weight, waist and hip circumference were assessed at the beginning of the Intensive phase and at the end of the Stabilizing phase.

#### Results

All patients achieved weight reduction, the degree of which increased with the duration of the protocol. The reduction of the lean mass was greater as the degree of weight reduction increased. On average, weight reduction was 4 kg in the basic protocol, 5.6 kg in the medium protocol and 7 kg in the crash protocol. As far as waist and hip circumference are concerned, the basic protocol managed to reduce, on average, the hip circumference by 5.27 cm and the waist circumference by 6.31 cm; the medium protocol reduced, on average, the hip circumference by 6.33 cm and the hip circumference by 7.83 cm; while the crash protocol reduced, on average, the hip circumference by 7.9 cm and the waist circumference by 9.7 cm.

#### Conclusions

The above results make it possible to state that the Tisanoreica method aimed at weight reduction enables people to obtain results irrespective of the subject's age and that these results improve in proportion to the duration of the protocol.