



Dr Natalia Novikova

MBChB & PhD (Ukr). MRCOG (UK). MMed & FRANZCOG (Aus)

Welcome to Dr Novikova's Body Contouring Practice

We are looking forward to assisting you in your journey to a healthier body!

The treatments we provide assist with slimming, fat reduction, skin tightening, treatment of cellulitis and muscle toning. Healthy lifestyle is paramount to reaching your goals and achieving maximum results

This information is general and not directed to any particular individual. When looking into eating and exercise routines, different approaches and tools, dietary regimes and exercises will work for different individuals. Trial and error as well as advice from health practitioners, nutritionist, life coaches, personal trainers will assist in finding a lifestyle that is sustainable long-term and gives you maximal results in terms of losing or maintaining your weight and staying healthy.

Excess weight does not only influence our body image and confidence but also leads to high blood pressure, heart disease, diabetes, stroke, sexual dysfunction, metabolic syndrome, heavy menstrual bleeding, increased risks of various cancers, and sleep disturbances. On the other hand, eating healthy will combat these risks.

General Rules for Healthy Eating

Please see our guide below. Should you require individual advice, please contact our nutritionist Hannah Kaye for a detailed consultation. – hannahkaye.co.za

Mediterranean countries have the longest life expectancy, therefore adopting their eating habits, staying active and getting enough sleep is proven to be very beneficial to our general wellbeing.



Dr Natalia Novikova | Gynaecologist & Endoscopic Surgeon

CT +27 21 422 3318 **JHB** +27 76 242 0027

Email natalia@drnovikova.co.za

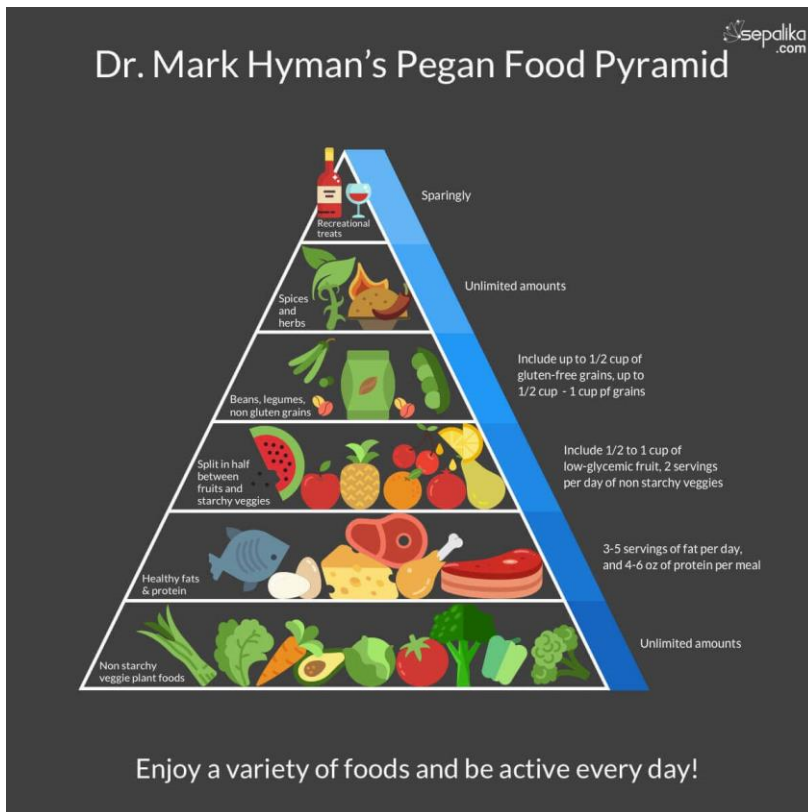
Web www.aestheticgynaecologist.com

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Here is an adapted food pyramid showing you what you should have on your plate.

- Unlimited vegetables (broccoli, cauliflower, spinach, peppers, tomatoes, cucumbers, kale, onions, garlic, avocado, carrots, cabbage)
- 3-5 servings of fat (olive oil, other vegetables and nut oils, avocado, cheese, eggs, yogurt)
- 4-6 Oz of protein (fish, seafood, chicken),
- ½ cup of starch vegies (sweet potato, zucchini, eggplant, pumpkin),
- ½ cup of fruit (watermelon, pineapple, apple, pear, berries, banana),
- ½-1 cup of grains, unlimited herbs and spices and
- Moderate amount of alcohol

(avoid if you are trying to loose weight).

Here is an example of a Mediterranean weight loss meal plan

- Breakfast:
 - 1 hardboiled egg
 - Chocolate banana smoothie (1 banana, ½ cup unsweetened almond mil, ½ cup crushed ice, 1.5 Tbsp cocoa, 1.5 tbsp honey)



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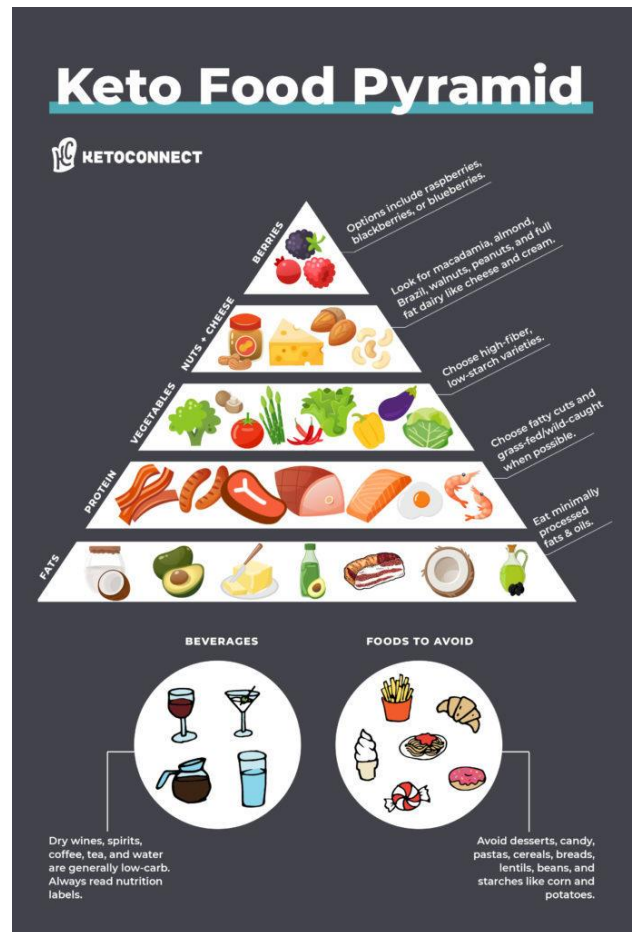
- Lunch:
 - Greek salad
 - 85g deli turkey
- Dinner:
 - Pan-roasted fish w/ Gremolata (lemon zest, garlic, parsley)
 - Broccoli w/ ginger and garlic
 - ¼ cup cooked brown rice
- Snacks:
 - 24 almonds
 - 2 Tbsp hummus w/ chopped veggies

Other diets that have gained popularity are intermittent fasting which has multiple health benefits. There are several ways of approaching it which include:

- 24 hours fast once a month or once a week
- 16-18 hour fast weekly
- 12 hour fast overnight
- The easiest and most common method is fasting for 16-18 hours and eating for 6-8 hours. It will work for weight loss if one does not overeat in these 8 hours and sticks to healthy eating during this period. Combining keto diet with intermittent fasting provides further health benefits and speeds up weight loss.

An example of a Keto diet meal plan

- Breakfast:
 - Avocado and eggs
- Snack:
 - Spinach blueberry smoothie



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- Lunch:
 - Cauliflower-cheddar soup
- Snack:
 - Nutty shortbread cookies
- Dinner:
 - Baked coconut hake, brussels sprouts casserole

(approx. 77% fat, 19% protein, 4% carb)

When restricting calorie intake remember that you are not receiving sufficient amount of nutrients and vitamins and supplements necessary to function optimally. Taking into consideration your general health, stage of life, chronic illnesses, previous medical history, life-style factors and exercise routine is very important in setting up a long-term healthy eating plan for life. Crash diets generally do not work because they are temporary and weight creeps back in once the diet is over. Changing your eating habits is more sustainable for a lifetime and very important for your health, youthfulness and general wellbeing.

To change a habit, you have to adhere to a new one consistently without a break for 3 weeks. Exercise and physical activity are also necessary for our wellbeing. To get into an exercise routine that you are more likely to commit to, choose an activity that you like, consider doing it with a friend or in a group and find the right time.

My advice is to exercise first thing in the morning before you do anything else. This will kick start your day and boost your energy levels significantly. It is also a good idea to start with exercising every day for 3 weeks without a break. If your muscles are overtired, opt for a lighter workout routine. By committing to exercising every day you won't have to think whether today is a good day or bad day for exercise, you won't have to assess your levels of tiredness for an exercise routine and you won't have to think of other commitments on that day. If you stick to it for 3 weeks straight you won't be able to live without exercise.



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For easy exercise routines (you can do them from the comfort of your home or hotel room if you are on the road) check out the YouTube channel Group HIIT. Being active and exercising regularly will help you feel younger, happier, healthier and even boost your sexual function.

If embarking on a journey of body contouring to achieve impressive results, we suggest addressing other parts of your lifestyle such as healthy eating and physical activity. In brief, starting your day with physical activity, undertaking at least 45 minutes of exercise five times a week, eating healthy, drinking sufficient amounts of water, avoiding alcohol and smoking will give you amazing results in conjunction with our treatments

Body contouring treatments is a very clever tool to achieve the results quicker, to address the stubborn areas of your body that exercise and healthy eating cannot help with.

Please do not hesitate to contact us for more insights and information. We invite you to browse our website and follow us on Instagram as well.



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