

## **A Word of Caution**

Your safety is of the utmost importance. If any of the following apply to you it is important that you seek advice from your doctor before starting the programme:

1. You have lost weight rapidly
2. Your BMI is low (less than 17.5)
3. You feel faint, dizzy and your muscles feel weak
4. You are making yourself sick after eating
5. You are suffering from a medical condition such as diabetes
6. You are pregnant
7. You are feeling suicidal