



[Health and Aesthetics Introduces Weight Loss Programs](#)

Today, Health and Aesthetics, a medical weight loss and aesthetics center, announces the launch of affordable and effective weight loss programs.

Online PR News â€“ 12-December-2016 â€“ Cleveland, TN: Today, Health and Aesthetics, a medical weight loss and aesthetics center, announces the launch of affordable and effective weight loss programs designed to improve wellness and self image. The weight loss program is called the HCG Diet Plan, a quick and easy way to start shedding off weight. The programs include counselling and coaching that are customized to meet weight loss goals, fitting it in daily life.

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Dr. Simeons, who originally designed the HCG diet, wrote in his book POUNDS AND INCHES A New Approach to Obesity, In dealing with a disorder (obesity) in which the patient must take an active part in the treatment, it is, I believe, essential that he or she have an understanding of what is being done and why. Only then can there be intelligent cooperation between physician and patient.

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The HCG program is right for people who:

- Have 10 or more pounds to lose
- Carry extra fat in your stomach, upper arms, thighs or buttocks
- Have reached a plateau in your diet and exercise program
- Have tried other diet plans and programs- and failed
- Hate exercise
- Want to look and feel good
- Stay motivated by seeing quick results
- Are looking for an affordable and safe weight loss program

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About Health and Aesthetics: Health and Aesthetics is a medical weight loss and aesthetics center located on Broad Street in Cleveland, TN near downtown and Lee University. We work hard to give our clients all the support, tools, and education that they need to help them regain their power to bring out the best version of themselves.

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For more info visit us - <http://423medspa.com/>

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Media Information

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