

Angie Best launches cosmetic surgery diet and exercise plan with the Harley Medical Group

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Cosmetic Surgery & Non Surgical Excellence for 24 years

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Press Release Summary: The Harley Medical Group teams up with Angie Best to launch the cosmetic surgery diet and exercise plan to help ensure patients are physically prepared for surgery and heal faster

Press Release Body: The number of people undergoing cosmetic surgery procedures has increased by 32% since 2007 according to cosmetic surgery provider, **The Harley Medical Group**. The continued boom is, in part, put down to increasing social acceptance. However, **The Harley Medical Group's** clinical team advise patients thinking about undergoing a procedure, that cosmetic surgery is not something to rush into, and urge them to take time to do research on their proposed procedure, as well as ensuring that they are physically prepared for surgery. To help patients with this side of the procedure, **Harley Medical Group** has teamed up with Angie Best to create the **Harley Medical Group's Best Cosmetic Surgery Diet and Exercise Plan**.

The Harley Medical Group called in **Angie Best**, who has herself undergone [cosmetic surgery](#) and is a trained nutritionist, to create **The Harley Medical Group's Best Cosmetic Surgery Diet and Exercise Plan** – the UK's first programme to show patients how to ensure that their body is fit and at optimum healing rate, both pre and post surgery as well as advising on integrating exercise into their lives post surgery.

The Harley Medical Group's Head Cosmetic Surgery Nurse, Lisa Littlehales commented: *"The worry is that as cosmetic surgery becomes increasingly commonplace that patients underestimate the procedure that they're about to undertake. It's important to prepare properly for a cosmetic surgery procedure, both physically and psychologically. We find those who are well prepared for their surgery, with realistic expectations tend to recover quicker."*

As a solution and part of its holistic patient care, **The Harley Medical Group's Best Cosmetic Surgery Diet and Exercise Plan** identifies the nutrients the body requires most to prepare for surgery and promote a fast recovery following the operation.

Available to download for free online at www.harleymedical.co.uk, the guide will also be available for **The Harley Medical Group's** thousands of patients throughout its 19 clinics across the UK.

As well as a seven day detox pre-surgery and a health promoting eating plan post surgery, **The Harley Medical Group's Best [Cosmetic Surgery](#) Diet and Exercise Plan** includes a simple to follow exercise plan. With motivational tips and a step by step guide to the exercises, which have been personally selected by [Angie Best](#), the plan promises to boost the lymphatic system, circulation and increase flexibility.

Angie Best, women's health advisor and nutritionist said: *"My clients in LA often asked me for advice on how best to prepare their body's for [plastic surgery](#) and what they needed to do in order to get the best results. This guide gives advice on how to work with your surgeon by giving your body the nutrition it needs to promote optimal recovery."*

Angie Best has trained some of the world's biggest celebrities including Cher, for 20 years as her personal trainer, Britt Ekland and Priscilla Presley, who attended her fitness classes. She has also launched her own range of fitness DVDs.

The Harley Medical Group's Best Cosmetic Surgery Diet and Exercise Plan recommends a detoxing diet plan pre-surgery to cleanse the body of toxins and build up immunity levels in preparation of the surgery. Once the surgery is over, the plan recommends nutrient packed recipes to promote tissue healing and boost energy.

Harley Medical Group recommends seeking the advice of a doctor before undertaking any new diet plan.

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Notes to Editor:
The Harley Medical Group has been established for over 25 years and is one of the most highly-regarded Cosmetic Surgery Groups operating in the UK. All the **Harley Medical Group's** staff are highly-trained nurse. In 2004, **The Harley Medical Group's Chairman Mel Braham**, at the request of the **Department of Health** became a member of the department's Steering Committee, set up to oversee the introduction of new regulations covering the entire Cosmetic Surgery sector.

All of **The Harley Medical Group's** clinics are registered with the Healthcare Commission. There are now 19 clinics in the UK and Ireland: London (Harley Street, Wimbledon, The City, Chiswick & Watford) Marlow, Birmingham, Leeds, Brighton, Bristol, Manchester, Newcastle, Chester, Nottingham, Southampton, Cardiff, Chelmsford, Dublin and Belfast

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