

# *My Virtual Dietitian*

*Well-being our reason for being*



**World Novelty**



Based on the Mediterranean Diet and the compatibility of the Blood Group

**YOU CHOOSE YOUR DIET**

**Much more than a diet program**  
**A lifestyle**

**(We help you take care of yourself and feel good)**

**A powerful software based on artificial intelligence techniques**

**Recommendations and diets developed by  
dietitians and health professionals**

# *My Virtual Dietitian*



Actually, My Virtual Dietitian teaches you to take care of yourself, to take the precautions that your age requires, (regarding food, exercise and health), and it especially teaches you to eat properly in each of the stages of your life.

Finally a latest generation program, put at your fingertips by very little, to help you lose the extra pounds that you have left in a discreet and totally personalized way, to take care of yourself and improve your quality of life.

A program designed, based on **artificial intelligence techniques** and through a series of simple data such as: weight, height, age, sex, blood group, antecedents and ailments you suffer, etc. ... offers you a diet, **(PERSONALIZED AND ADAPTED TO YOUR PREFERENCES)**, healthy habits and sanitary recommendations that allow you not only to lose the weight you need to lose, but used with the appropriate frequency becomes **the caretaker of your health**.

**Diets and personalized  
recommendations**

**Ease of use**

# *My Virtual Dietitian*



The success and effectiveness of My Virtual Dietitian is based on:

- A powerful software based on artificial intelligence techniques.
- Diets based on the Mediterranean Diet and the compatibility of the blood group and designed by a Dietitian, **taking into account the Patient preferences.**
- Some food supplements that will help you lose weight.
- Simple exercises and recommendations for postural hygiene, which They will help you lose weight, feel better and avoid ailments.
- Sanitary recommendations, (that depending on your age, sex, etc. ...), will help you prevent diseases and improve you quality of life.
- A personalized tracking, in the different stages of your life, that will provide you with Security.

**Security and Discretion**

# *My Virtual Dietitian*



You only need a computer in which we load the application, a printer connected to that computer and a digital scale, the program incorporates a series of very intuitive screens and easy to use, through which the client or the beautician introduces some information such as:

- Age
- Sex
- **Blood type**
- Type of activity, (sedentary, active, ...)
- Antecedents and ailments that sufferse

**The equipment stores this information and remembers it for future visits, so that it is able to monitor your progress and adapt your diets and recommendations to them.**

Along with this data, the equipment also registers the Weight, the Size and calculates the BMI.

All this information allows us to establish a precise profile, both of patient's weight stage (normal weight, overweight, obesity, ...), as well as their progress, with respect to previous visits, as well as the general state of them.

# *My Virtual Dietitian*



With the information collected "**My Virtual Dietitian**" will provide the patient:

**A diet for the next seven days**, (which will make the Program adapting it to the tastes that the client indicates, through some screens that the equipment will present to him/her), and that will be modified weekly, to adapt to the results that we will obtain with the treatment and to avoid monotony and boredom.

**Some recommendations of exercises** to perform according to your general state, activity, etc. ....

According to the patient's physical state, age, etc., "**My Virtual Dietitian**" recommends **healthy postural habits**, or simple exercises, to improve possible discomfort, pain, postural defects, age-related problems ...

**Some dietary supplements** to be consumed during that week, (and weekly will be recommended), to acquire them at the center.

**They will be invited to return the following week** to monitor the treatment, verify the results and adapt your diet, exercises, etc. ...

# *My Virtual Dietitian*



## **Actually, what does My Virtual Dietitian offer to the client?**

- 1.- A service that is extraordinarily demanded,** (only it is necessary to see that the majority of the magazines publish frequently diets of all type as “hook” to sell).
- 2.- Privacy and discretion,** everything stays between "My Virtual Dietitian" and he / she.
- 3.- The cost,** very economic, actually for very little money and a little bit of goodwill and perseverance can obtain really remarkable results.
- 4.- The ease of having it at your fingertips in your usual aesthetic center, ...**
- 5.- The peace of mind that weekly follow-up** and week by week will see the results.

**Simplicity, economy, tranquility**

# *My Virtual Dietitian*



**Realmente, ¿Que ofrece Mi Dietista Virtual al cliente?**

**6.- A serious and very complete answer**, which goes beyond a simple personalized diet, "**My Virtual Dietitian**" values the general state of the patient and not only teaches him to eat properly, but little by little he modifies his habits of life, recommending simple exercises, healthy postural habits, precautions to take depending on the age, general state, sex, (for example, from certain ages it recommends certain checkups or medical tests, or recommends precautions to take to avoid injuries, or suggests very simple exercises to strengthen certain muscles that deteriorate over the years, etc. ...)

With what we turned the team into an ally and a partner, in **THE GUARD OF YOUR HEALTH.**

**Actually My virtual dietitian, is designed to create addiction, a HEALTHY ADDICTION.**

# *My Virtual Dietitian*



## **Why is it interesting for the center? :**

- 1.- Because it offers their customers** a very appreciated and demanded service, which facilitates the **loyalty** of this with their center.
- 2.- Because it increases the sales and income of your business,** the programme recommends the patient to come back every week and take advantage of that weekly visit, to indicate the dietetic products to be purchased at the center to supplement the diet during that week, ( an average cost of between 15 and 25 euros per week), which increases sales, apart from the direct income generated by the equipment.
- 3.- Because if you install the equipment, you have a very important **differentiating element**** with respect to the rest of the establishments around yours.
- 4.- Because with the service it offers, it launches an advertising mechanism that works extraordinarily, such as **word of mouth**.**
- 5.- Because the team forces the client to return on a weekly** basis to follow up, etc... ***The first objective of any establishment, of whatever kind, is that its clients enter, return, ....*** Once inside, many possibilities open up to offer services, products, etc. ...



***Manufactured entirely in Spain by:  
ARB Systems Proyectos Electrónicos SL***



ARB Systems facilities are located in Tarragona



**Some of the products developed by ARB Systems for the sector  
Medical / hospital for companies such as:  
LG Group, Cair Laboratories Spain, GalmazBiotech, Haake Germany, ...**



Normothermia product line, for the heating of  
blood, fluids ...



Equipment for chemo-hyperthermia treatments.  
For the treatment of bladder cancer, ovarian cancer,  
colorectal cancer, gastric cancer, ...



**Contact:**

ARB Systems Proyectos Electrónicos SL  
Alberto Ramírez (Director - Manager)  
Pico de la Sierrona, 135  
Villalba 28400 Madrid

E-mail: [alberto.ramirez@arb-systems.com](mailto:alberto.ramirez@arb-systems.com)  
Tlf. 91.828.73.64  
Mobile: 667.54.65.69