

Dr. Dirk van Lith was born in Indonesia (29th October 1938). Just before the Second World War. He survived the Japanese Concentration camps. Years later he graduated from Leiden University as a general practitioner. He specialised in Amsterdam, Antwerp and the U.S. as a doctor in Tropical Medicine and Hygiene (DTM&H) and physician in preventive medicine (MPH). He initiated several international Post Academical (called 'Boerhaave') Courses at the Leiden University hospital and published many scientific medical articles and several medical books, and films on Tubal occlusion techniques and Mini-culdoscopy under local anaesthesia.

He was a member of the Dutch Health Council. He performed work in Africa, the Netherlands, the Middle East, Malta and the Netherlands Antilles, where he devoted the past 30 years to the relationship between lifestyle and disease. His particular focus is the science of ageing and obesity, with healthy food, food supplements, relaxation and exercise.

Based on research by the British doctor Dr. A.T.W. Simeons (Lancet: 1954), he has updated and refined the HCG weight loss program into an ambulatory treatment program.

He invented and developed the new Weightdrops formula (w8drops) and proved its successful support in burning fat and losing weight, in a single-blind study (HCG versus Weightdrops).

HCG is a prescription drug, now prohibited in many countries, while w8drops is an over the counter supplement. Both weight loss programmes have the same successful results.