

# Get Slim

## THE SCIENTIFIC WAY

Stories about growing levels of obesity and diabetes seem to be constantly making headlines.

According to the World Health Organisation, the adult obesity rate in UK is more than 20 per cent. Also, in the year 2000, the number of diabetes sufferers in this country was more than 1.7 million, and is expected to rise to about 2.6 million by 2030.

Of course, diet has plenty to do with such health issues, yet anyone who has ever tried to lose weight will know how difficult it is to stay motivated, and sooner or later everyday life gets in the way. That's where **SureSlim** Tunbridge Wells can help.

**SureSlim's** approach allows you to incorporate weight loss into your lifestyle without fuss. There are eating plans for vegetarians, athletes, pregnant women, breastfeeding mothers, those who follow religious dietary laws or any other requirements.

The secret of **SureSlim** is in its scientific approach. First, clients receive a comprehensive blood test (full blood count, fasting lipids, kidney and liver functions, fasting glucose and thyroid).

Everyone has a different metabolism, and those with weight problems tend to have a metabolic problem, something that is revealed through the tests. **SureSlim's** doctor reviews the results and takes them into account along with the client's food dislikes, medication and medical history to produce a tailored eating plan.

Your plan helps you correct your metabolism by balancing the hormones responsible for permanent weight control. It takes as little as five days to do this. Firstly, stimulating the human growth hormone achieves dramatic reduction in body fat but increases muscle mass, stronger bones, lower cholesterol and blood pressure, and a better mood.

! **"Grandmothers are telling me they're managing to keep up with their grandchildren," Helen says.**

By balancing insulin, sugar will not be converted into fat so readily. By achieving a balance, the feel-good hormone serotonin is released and therefore food cravings are reduced.

The programme focuses on healthy, balanced meals. There are no pills, potions or milkshakes, and you won't be asked to spend a fortune on special ingredients or cut food groups from your diet. The plan is nutritionally balanced using normal food available from the supermarket.

**SureSlim** Tunbridge Wells consultant Helen Wood explains that the programme succeeds by clients learning to feed their bodies well, and in a way that fits into their lifestyles.

"It's all about educating yourself so you understand how your body works," she says. "People are losing weight weekly and they keep going with their weight loss. The most important thing is for people to lose this whole obsession with food and feel good about themselves".



Fighting Fat: SureSlim Consultant, Helen Wood, holds a 5lb mould, the amount of fat clients can lose each fortnight.

The programme improves general health with other benefits, including improved sleep patterns and higher energy levels.

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Helen set up **SureSlim** Tunbridge Wells after she successfully lost weight on a **SureSlim** programme, having tried many other diets. She decided to start a branch serving West Kent and is now celebrating 18 successful months since opening, with clients of all ages benefiting.

Helen says clients will lose a minimum of 10lbs every month, but many have done even better. One male client who started a programme in the middle of July has already lost over 3 stone. A female client lost 3½ stone from April to mid July and is now enjoying learning to maintain her weight. And this is without exercise in the plan.

Many diabetics have seen their blood sugar levels reduce significantly, which can reduce the need for medication. Cholesterol tests, taken every three months, have also shown excellent results.

Throughout the programme you'll receive one-to-one support, including weekly weigh-ins, and your consultant is available by e-mail and phone.

So if the one-size-fits-all approach of some diets doesn't work for you, why not try **SureSlim** and discover the scientific way to lose weight.

### SureSlim Tunbridge Wells

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# Iona Naturals

100% ORGANIC BEAUTY PRODUCTS

We're made of chemicals, we rely on them, they're the basis of life. But the wrong types, in the wrong concentrations can cause serious damage. There are around 30,000 chemicals licensed for use in the UK today. Most make our lives easier, some make our lives safer, but for others, the jury is out.



www.ionanaturals.co.uk

HOW PERTINENT THAT SARAH BEENY'S CHANNEL 4 PROGRAM 'HOW TOXIC ARE YOU?' WAS SHOWN ON OCTOBER 11th JUST AS IONA NATURALS LAUNCHED ITS 100% ORGANIC PURE AND NATURAL SKIN CARE RANGE.



Every year we splash out £6.4 billion on beauty products, but do we ever stop to think about what's in them or what they could be doing to us? The beauty industry spends £600 million a year marketing its products as pure, simple, organic and natural, but what's the truth behind the hype? Presenter Sarah Beeny wanted to find out. First she met Emma and Charlotte, two beauty-obsessed sisters. Between them they spend almost £1,000 a month on their beauty regime, but they have no idea how many chemicals are in their favourite products or whether these could be damaging their health.

Sarah had the girls tested, and with the help of two experts, was able to reveal the chemicals being stored in their bodies and then showed them how to detox by removing chemicals from their lives. Then Sarah met two young mums to see whether the chemicals in the products they use are being passed on to their babies, before taking to the streets to find out whether parents really know what's in the special baby products they are buying.

'The Spirit of Iona Naturals', Our 100% Natural and Organic skincare range is not simply skin deep, but works in harmony to balance, restore and uplift the emotions. Designed for babies, women and men of all age groups our wonderful products contain only fair traded light golden Water Melon Seed Oil, exceedingly high in essential fatty acids 6&9 and pure organic aromatherapy oils. Ethically sourced and hand made in the UK, a shorter shelf life guarantees you 100% ingredients that are SLS & Paraben free with no synthetic artificial additives whatsoever. Our products are not tested on animals and we use recyclable packaging.

The range embraces All Skin Types, and oils are chosen for their Non Toxic, Non Irritant and generally Non Sensitising qualities that enhance and uplift the emotions. Beautifully and naturally fragranced with French Lavender grown on the Alps in Provence, Patchouli, Rose Geranium and bergaptene free Bergamont from Italy.

Stunningly packaged in frosted glass with gold lids and delicate red paper roses at the necks, each product comes individually encased in a gold organza bag fabulous for Christmas, ethical and beautiful!

We are delighted that Lynne Franks Author, broadcaster and founder of The Sustainable Enterprise & Economic Dynamics 'Seed' for women (www.seednetwork.com) has endorsed our products for use in her workshop gift bags.

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**SureSlim**  
WELLNESS CLINIC

LOSE WEIGHT DRAMATICALLY AND PERMANENTLY  
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