

Lose weight the easy liquid way

Struben's Valley — Medical studies have revealed obesity to be one of the most common disease today.

However, there is a cure and it is now available in Northside.

The INS So Easy Slim Care Nutri-scheme is a liquid diet with a difference.

The weight loss programme is helping individuals with obesity overcome the risk of coronary heart disease and even strokes.

INS has introduced a nutritionally-balanced, safe, natural and healthy slim care scheme.

It guarantees consumers to lose their weight the healthy way. One could easily lose up to 40kg in just 15 days.

For more information head to Dis-Chem in Struben's Valley on 25 August at 10am, where all will be revealed. Booking is essential. Contact Alice on 011 792 8090 or Dis-Chem on 011 991

3600 to reserve your seat.

The product focuses on a three-step programme — detoxification, healing and nourishing — which all aids the weight-loss process.

DETOXIFICATION:

INS So Easy is made of hi-fibre and organic elements to safely dispose of the toxins in our body. In other words, it removes all the chronic faeces accumulated in the colon walls.

HEALING:

So Easy consists of 18 types of amino acids, seven types of vegetables extract, vitamins, Omegas and minerals. All these elements assist the body in normalising the metabolism process and hormone

secretion.

NOURISHING:

The nucleic acid content in So Easy promotes the generation of protein, controls the cell's metabolism process and decides the cells health level. This function is to improve the immune system and provide balanced nutrients. The ideal function is to improve our immune system and provide balanced nutrients in addition to the ideal body shape we dream of. The diet is filled with special ingredients which ensures a healthy body and mind.

The special ingredients include:

WHEATGRASS: It provides balanced diet for revitalizing. In addition, it disposes of our body's and blood's toxins.

ENZYMES: Assist in the digestion process, nourish-

ing, regeneration and degeneration of body cells.
HIGH FIBRE AND ORGANIC ELEMENTS: The most primitive, most natural way to excrete the chronic faeces.



Tips to ensure faster results:

- Drink plenty of water (at least five litres), drink some high fibre fruit juice if hungry; both of them improve the detoxification process.
- Watching TV, reading a newspaper or magazine and playing computer games can result in loss of energy.
- Do not take medicine without advice (except the medicine for high blood pressure and diabetes).
- Inform a nutritionist at once if experiencing any physiological problem.