

It's so easy to lose 40kg in 15 days

Struben's Valley — Everyone's dream diet, where one stand to lose up to 40kg in just 15 days, has finally arrived in Northside.

According to studies, obesity is the most common disease in today's life, directly linked to many civilised chronic diseases.

Based on the country's medical report, 30 percent of deaths each year are attributable to obesity.

More than 30 kinds of diseases are proved complicated with obesity:

- 26 percent of obese individuals suffer from high blood pressure.
- 30 percent of operations on gall bladders are related to obesity.
- 42 percent of breast and colon cancers are related to obesity.
- 70 percent of heart diseases are related to obesity.
- 80 percent of type II diabetes are related to obesity.

Obesity is also a known risk factor for coronary heart disease and strokes.

Statistic shows about 15 billion of the world's population is obese today, and around 1,15 billion of these are suffering from diseases linked to obesity.

In view of the above, it comes as no surprise that the slimming product industry is experiencing a boom, with people trying various types of slim care products or programmes to obtain the body shape or weight loss they dream of. Exercise, eating less, fasting, liposuction, enemas and other ways of slimming are common today.

However, there are advantages and disadvantages to these methods of slimming. Some products even create side-effects which leads to more serious health problems.

The ineffective types of slimming approaches are only constraining the fat from our body and these go against the normal physiological process. Moreover, the body weight is regained once we stop the consumption of the approaches. All these approaches not only waste money, but are also harmful to our health.

Dr Alan Howard from Cambridge University concluded that a right or healthy slimming method must abide to the following conditions:

- It must be safe to consume.
- It must contain balanced nutrients.
- It must reduce weight effectively in a healthy way.
- It must maintain ideal weight effectively.
- It must make you feel energetic.

Pursuant to the importance of providing a quality slim care product for the consumers, INS has introduced a nutritionally-balanced, safe, natural and healthy slim care scheme which consumers could use to lose weight while remaining healthy, relaxed and without feeling hungry.

The INS Natural Scheme for Slim Care combines of the most primitive medical theory with modernist bio-technology.

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

• **HEALING** — So Easy consists of 18 types of amino acids, seven types of vegetable extracts, vitamins, omega, minerals and so forth. All these elements

assist our body to normalise 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' healthy level. This function is to improve our immune system and provide balanced nutrients in addition to the ideal body shape we dream of.

• **WHEATGRASS** — It provides a balanced diet for revitalising. In addition, it disposes of our body's and blood's toxin, improves the cells functions, restrict the cancer cells and chemical elements to reduce the risk of infected by diseases.

• **ENZYMES** — Assist in the digestion process, nourishing, regeneration and degeneration of body cells.

• **HIGH FIBRE AND ORGANIC ELEMENTS** — The most primitive, most natural way to excrete the chronic faeces.

• **OTHER NUTRIENTS** — 18 types of amino acids, seven types of vegetable extract, vitamins, acid nucleic and omega.

Hunger is a normal term consumers have to suffer during a slimming or weight loss process. However, with the INS So Easy Slim Care Nutri-Scheme, consumers will never experience any hunger or tension, anxiety or even worry about being derived from the hungry feeling. During the whole slim care process, INS So Easy Slim Care Nutri-Scheme will provide high fibre and organic elements to excrete the toxins, inclusive of the chronic faeces from our body. Then, it provides sufficient and necessary enzymes to heal and tone the body. Lastly, it supplies completed and balanced nutrients to the body.

It has never been so easy to slim down with the help of a simple scheme that can be consumed by everyone.

LEARN MORE

Readers who would like to learn more about the amazing INS So Easy Slim Care Nutri-Scheme are invited to attend a free presentation at Dis-Chem Struben's Valley this Saturday, 25 August at 10am.

To reserve your seat simply call Alice on 011 792 8090 or Dis-Chem on 011 991 3600.

Dis-Chem Struben's Valley not only stocks the INS So Easy Slim Care Nutri-Scheme, but also a whole range of other 100 percent bio healthy products such as INS High Fibre Bio Wheatgrass, Sky Wheat Bio Coffee and Sky Wheat Bio Soya Milk.

Visit Dis-Chem at shop seven, Retail Crossing Shopping Centre, on the corner of Hendrik Potgieter Road and Nic Diederichs Boulevard.

