

healthtalk

INS So Easy Slim Care

So Easy Slim Care by INS is a complete slimming, detoxifying and rejuvenating plan. You will slim down by following the balanced, healthy weight loss plan, detoxify with high fibre and organic elements to release toxins, rejuvenate with added vitamins, minerals, amino acids and omegas, and nourish your body through the generation of protein for perfect health. The So Easy slim-care nutri-scheme is a nutritionally balanced, safe, natural and healthy way to lose weight and keep it off. While promoting slimming through a balanced, healthy eating plan which never leaves you feeling hungry, the nutri-scheme works on 3 major functional levels to provide optimal health and slimming effects.

Excessive toxic waste builds up in the colon as mucoid plaque when you eat a lot of red meat and very few vegetables, seldom drink water, eat too many refined foods, and generally lead a stressful lifestyle. So Easy's high fibre and organic elements help to dispose of this easily and effectively. The nucleic acid content in So Easy promotes the generation of protein, controls the cell's metabolic process and decides the cells' level of health. This function improves your immune system and provides balanced nutrients. So Easy contains 18 types of amino acid, 7 types of vegetable extract, vitamins, omegas and minerals, all of which assist your body to normalise its metabolism and hormone secretion processes, as well as rejuvenate the system.

Obesity is the most common disease in today's life. You can beat this and live a healthier, happier life with the Slim So Easy products by INS. **For more information, contact INS Trading on 011-792-8090 or garyf@insholdings.com.**