

# 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.

## Diary of the INS So Easy Detox Programme

I am a 39 year old female and I've been struggling with my weight ever since I gave birth to my son five years ago. I weigh 65kg and I'm 1.57m tall so according to my BMI, I am overweight. My dream is to weigh 55kg. Recently a loss of energy and an urge to fit into the lovely size 8 clothes hanging in my cupboard motivated me to start the So Easy programme. I must say the detoxification idea is what really got me to try this. It makes sense to me that one gathers many toxins over the years, and it's impossible for our bodies to get rid of all the rubbish we take in on a daily basis. I understand how these toxins can actually make me sick by going into the bloodstream and causing all types of illnesses and problems. Changing 39 years of bad habits and clearing my system within a short period of time sounded too good to be true. I started the programme on August 27. It is advised that you follow a three day eating programme to prepare yourself. I got my fiancé to take a 'before' picture of me, and looking at it made me more determined to do this right as I looked five months pregnant!

### DAY 1 of preparation:

I've had vegetable soup prepared overnight in my slow-cooker with no salt or additives. I bought organic veggies as I decided 'do it right if you want to do it!' It was not bad at all. I also bought two

bottles of mineral water (1,5 litres each) and finished the one by midday. This was difficult to do as I do not like water. I know it is only the first day of preparation, but I feel empowered in a weird way – I am going to do this and I am going to do this right!

### DAY 3 of preparation:

The worst headache ever! I wasn't really hungry, but I struggled to get through the day with this headache. It was strange – like no other headache I have ever felt, and I have had many migraines and stress-related headaches before! In a way the headache felt good – it had to mean I was ridding myself of toxins, built up over years of abusing my body. I stuck to my diet, but aside from two aspirins and two stronger painkillers that evening, I did everything according to the book!

### Day 4 - FIRST DAY on the programme:

Finally my first day of real detoxification! I wasn't hungry – there were so many sachets to drink, I never felt uncomfortable. I did not like the taste of the pure wheatgrass, but it was bearable. The headaches were almost completely gone and I felt stronger than yesterday. I prepared my son's dinner without even wanting to taste it, although it smelled lovely. I also had no stomach cramps, which I was convinced had to come with detoxification.

### Day 6 and 7 : THIRD AND FOURTH DAY on the programme:

This was over a weekend. What was I thinking?! I even survived going out with my friends, ordering only mineral water and drinking only the sachets as the programme instructed. I did not cheat one bit – but I got a bit tired. Went off-road scrambling on Sunday and I could feel the stamina was low.

### Day 9 - 11: Final days of the programme

It is not advised to start eating 'heavy foods' right after cleansing. I have lost 5kg in the 11 days of the programme, and feel energetic and light. My skin is glowing and even the whites of my eyes seem whiter. I am sure my stomach shrunk as I now need less food to feel satisfied. I've changed my eating pattern as the programme taught me the importance of roughage in my diet. I am

determined to lead a healthier lifestyle and consume more water.

### VERDICT:

I would recommend this programme to anybody who is serious about their health and wants to experience the great feeling of a cleansed system! A bonus is that other people are commenting on how good I look!