

Testimonial of Debbie

Age: 27 yrs.

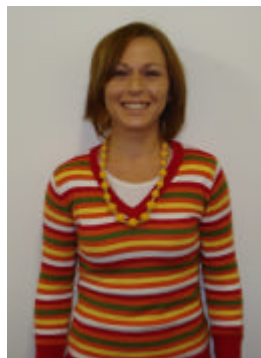
Height: 1.53 meters

Weight before INS So Easy Slim Program: 51.7Kg

Weight after INS So Easy Slim Program: 49.2 Kg

Date: 27 July 2007

Before 51, 7 kg



After 49, 2 kg

Lost 2, 5 kg

Reason for Starting the Easy Slim Program:

After reading the brochure and sitting through the presentation, I knew that it was something that I had to do. I wasn't over weight but I didn't feel healthy. I was constantly tired which would lead to being grumpy. I needed a change and it needed to start within.

Preparing myself for the Five day Easy Slim Program:

It was difficult for me because I've never fasted before so realizing that I'd only be on liquids worried me a bit. I've also never been a fan of water; adjusting to drinking 5 liters of water a day seemed impossible. However after preparing my body for five days allowing my body to get used to not having solid food, when I finally did start the program it was much easier than I thought it would be.

Starting the Five day program:

The first day was easy; I had no problems or side effects on the first day. The detoxing started on the second day. My colon cleansing started on the second day and although my mind felt great, my body was tired due to the detoxing faze.

On the third day, **I felt very energetic, my mind felt sharp and focused. My body was sore and stiff but I also noticed that my muscles were toning and were more visible.**

As the days continued I noticed that I was less tired and I felt as if I was in a constant good mood.

I was happy on the fifth day because I was proud of myself because I realized that I had more Will power than I realized and that I started a new life and it started with a change within myself.

Outcome of the program:

Although I didn't lose a lot of weight, I was happy with the 2.5Kg's that I did lose because I think that was that extra bit of flab that I was carrying around my lower stomach. I can see more muscle tone now. My metabolism has speeded up which is the key to keeping weight off.

Life Style after the Program:

I continue to drink a lot of water, my eating habits have improved. **A large portion of my diet consists of fruit and vegetables and less Starch or carbohydrates.** I don't deprive myself of food; I just eat clever now. Thank-you to the team at INS Trading for all their support during the program.