

Testimonial of Michelle

28 years old.

Date: 26 July 2007

Before 56kg



After 49,6kg



Lost 6,4kg

Before I started this program I felt tired and sluggish and no matter what I did or how hard I tried, I just couldn't lose any weight. I used to weigh 56kg. I was supposed to weigh 51kg because of my height. I had decided to do the program for the obvious reason of weight loss but after looking at the pamphlet and seeing what we walk around with in our bodies, I was even more determined to do it.

Letting your body know that it won't be getting any food for 5 days your mind starts playing games with you. Suddenly you're extremely hungry. That's when doubts start settling in. But once you've got yourself into the correct frame of mind then things start to become easier.

I had read through the booklet before I started the 5 day course. I read all the side effects that one could get. I think I had them all. And the more side effects I had the more I realized how many toxins I had in my body. I thought of giving up because I couldn't see the logic of putting myself through the process of having no food and having different side effects on different days. The funny thing is that I probably had most of my side effects when I was preparing to start the program. Once I actually started the program I felt so much better. **My energy levels were up. My mind felt clearer, I had more patience, I wasn't as moody anymore.** The change that happens in your body is absolutely amazing. There were times in the evenings when all I wanted to do was have a cooked meal with my family. But because I had started to feel the results so quickly it was easy to talk myself out of cheating. The best of all was watching your weight literally peeling off. **I started at 56 kg's and when I weighed myself after the 5 day course I weighed 49.6 kg's. I had never weighed anything under 50 kg's before. It felt great. I lost 2cm all around.**

I have carried on with the fibre drinks and drinking a lot of water during the day. Every day I exercise for about half an hour. I still feel fantastic. Doing this program was the most difficult thing I've had to do mentally but it was by far the most rewarding thing I have ever done. I would definitely recommend it to everybody. We don't realise how we poison our bodies until we start to go through the changes during this course. Once you're done with the course you're in such a fantastic frame of mind that you don't want to fall back into your previous habits.

The support that I received from INS Trading was what kept me going. They were always there checking that I was fine, and making sure I did what I was supposed to be doing. Whoever does this program can be assured that there is a support system to fall onto because although it sounds easy to do this, it can be challenging. I challenge everybody to do this program at least once. It may be the best gift you could ever give to yourself.