



alicek's
Main Mail

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FROM: "Saloshini Reddy"
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DATE: Wed, 20 Jun 2007 16:22:12 +0200
TO: "Alice kuay" <alicek@insholdings.com>

SUBJECT: So easy plan

Dear Alice,

I started the plan on the 9th June 2007 , the day before I had light meals in preparation for the 5 day D etox program .

Day 1 - I weighed myself in the morning and was 59.4kilos. I started the program on time and tried very much to drink lots of water. By the afternoon I was still feeling good and never once did I get hungry for food or cravings. I went for a long afternoon walk. I did experience cramping in the evening when I needed to go to the loo but when I was done I was fine. I was light and energetic

Day 2 - Went well up until the evening when I had a headache at the back of my head. It eventually subsided and I was fine. I exercised as normal and had no cravings o r hung e r . I felt cold and had warmed up with some soup. T he day went well and my system worked great at the same time in the evening .

I was light and energetic

Day 3 [??/FONT](#)> This day was great I was full of energy and progressed well. I exercised as normal and had no cravings o r hung e r . T he day went well and my system worked great at the same time in the evening .

Day 4 [??/FONT](#)> Almost complete ☺ and still energetic and exercise d as normal with no cravings o r hung e r , the day went well and my system worked great at the same time in the evening .

Day 5 [??/FONT](#)> I was really into my routine now and did not miss food at all- still feeling light and energetic , exercise d as normal with no cravings o r hung e r , the day went well and my system worked great always at the same time in the evening.

Day 6 - I weighed myself in the morning and was shocked that I had to get back on to the scale to verify, yes I weighed 56.6kgs -Losing 2.8k ilos in 5 days. I now have to keep myself on a healthy eating plan and maintain m y daily exercise and also to drink lots of water. My system was flushed out leaving me healthy and energetic.

I was happy it worked for me ☺ and I have recommended this program to my friends and they are keen on trying this program.

Kind Regards

Saloshini Reddy

Monitoring & Evaluation Officer

Comprehensive HIV/Aids Care, Management and Treatment(CCMT)

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