

# 20 years to find the perfect diet

**‘From size 22s to 12s –  
Lynne looks 10 years  
younger and wins  
‘Slimmer of the Year’**

The wonders of technology helped me fight the flab and become Vitaline’s ‘Slimmer of the Year’. To improve my health, ease my arthritis and reduce my blood pressure, my doctor told me to lose weight, saying I was at risk of having a stroke or a heart attack if I didn’t do something, and soon.

Like most slimmers, when I have problems, I eat for comfort and having to look after my 78 year-old mum, full-time, was exhausting. It was impossible to attend slimming classes so in an effort to lose weight, I tried cutting down on my own. I bought all the diet books, counted calories, even starved, but couldn’t shift the weight. I was depressed having to wear ‘granny style’ clothes, and because I was confined to the house with mum, I didn’t get much exercise. The biscuits were a great temptation, especially when encouraging my mum to eat her food.

Then everything changed for the better. In February, I was on the Internet looking for ideas for a birthday present for a friend. I came across the Vitaline website. I read about ladies my age that were losing weight on a medically approved Internet Course. I emailed some of them checked it all out, and was impressed with what I heard. I was no good on computers, being of the older age group, so I telephoned for **free** information on Vitaline Slim-At-Home Courses. It was impressive, but I still wasn’t convinced it would work for me.

Later that week, I found out that a friend had lost 20lbs in six-weeks on Vitaline so, I decided to give it a go. I completed a confidential questionnaire and had a metabolic rate and BMI (Body Mass Index) check to see how overweight I was. It came out that I was obese – but I knew that anyway. I soon discovered the reason for Vitaline’s success. It was because each



**Picture of Lynne ‘before’ she lost weight.**



**Lynne loses 60 lbs (4st 4lbs) without leaving the house**

## VITALINE

person has a personal diet plan. My plan gave me lots of choice, I was never hungry, and the individual support from my Instructor, made all the difference. I could talk to my instructor, in confidence, as often as I wanted, about my problems, and this helped. My diets were real food, no gimmicks and in my first week, I lost 6 lbs. This gave me the motivation to keep trying.

It took just over four months to shed 4st 4lbs and I didn’t have to leave the house or tell anyone I was dieting. People tell me I look 10 years younger and I can certainly buy modern clothes now. I was entered for the Vitaline Slim-At-Home ‘Slimmer of the Year’ competition and won. A new hair-do, portfolio of photographs, makeover, free slimming courses and a feature in a national

slimming magazine were prizes. I didn’t care about the prizes because the real prize was I got my health back and can wear anything I want. I look in the mirror these days and say **‘not bad’**. I used to run a mile from mirrors when I was size 22s. The trousers in the ‘after’ picture used to be tight until I lost weight. I am now on a Maintenance diet, keeping slim. My mum is delighted with my success and my husband Malcolm thinks he has a new wife.

Vitaline has diets for slimmers with or without medical conditions. All courses are available by post. Just contact Vitaline 0161 292 4918 for **free** information pack. Internet courses are available by logging on to [www.vitaline-slimming.com](http://www.vitaline-slimming.com). You can also attend Vitaline Clinics in the United Kingdom.