

# These Slimmers have lost over 20 stones and kept their weight off for over 2 years now, so can you.....



AFTER

**Jackie Ingham made the cover of Slimmer magazine after losing 3 stones, healthily.**

I've always struggled with my weight - you name it, I've tried the diet! I'd lose a few pounds, get bored, then just pile the weight back on again.

By the time my son was born in October 2004, I weighed 13st, but was still eating unhealthily. I constantly moaned to my family and friends about how uncomfortable and fat I felt, but did nothing about it.

By February 2005, I'd discovered VITALINE and realised this was the diet for me. You can join up online, but as Vitaline's clinic was around the corner from me, I went in person. I met Karen, my own Personal Diet Advisor. She calculated my metabolism, based on my eating and fitness habits, and then worked out a diet plan tailored to speed up my slow metabolism.

I also made the front cover of Slimmer magazine. I honestly never thought I could look this way, but finding a diet that suited me really helped.



BEFORE

**Kim Scragg, 47, lost an amazing 5st after joining Vitaline, a diet based on speeding up your metabolism. She's lost a whopping 12" from her waist, 10" from her hips and 4" off each thigh!**

I have struggled with my weight for years - as a child I was the chubby one. But by the time I got married, I'd already tried loads of different diets.

I joined Vitaline because it offered one-to-one consultations. The idea of my own personal diet adviser, with personal help, really appealed to me.

In my first week I lost 6lbs and within a month I had lost a stone, which really spurred me on.

My ideal weight is 10st and it took me eight months to lose 5st. I can now wear size 12s, and I feel great!



AFTER



BEFORE

## Margaret Gwyther lost 7 stones, feels great and made the front cover of Slimmer magazine! But last year, it was a different story.

At nearly 18 stone and size 24s, I was suffering with high-blood pressure, IBS, and my self-esteem had hit an all time low. My weight has always been an issue for me. I've tried every diet, but couldn't stick to them for long because of hunger or boredom.

I'd read articles about Vitaline one-to-one diet clinics, but it was a visit to my dentist that spurred me on to join. When I'd last seen him, he was his usual rotund self, but now I didn't recognise him. He was so slim. He'd joined Vitaline and had lost over 4 stones himself. That's when I made the call and went to my first private appointment.

Vitaline's diets are based on healthy food and are individually worked out to speed up your metabolic rate.

Since losing 7 stones, I feel tons better. I've now got my blood pressure back to normal, and I enjoy regular gentle exercising. I won't be embarrassed about putting my costume on to go swimming.



MARGARET AFTER



MARGARET BEFORE



LESLEY AFTER



LESLEY BEFORE

## After Losing four stone, 45 year old Lesley McMaster is determined to change her life!

After the break up of her marriage four years ago, Lesley is determined to find love again.

After my husband, Bob, and I split up I lost my confidence in my looks and began comfort eating.

The vitaline website and found there was a local clinic. However, I was too embarrassed to attend, so enrolled on the website instead.

I started at 15st.7lbs, size 20. My diets included breakfasts, lunches, evening meals suppers and snacks mid morning and afternoon. I lost 7lbs in my first week, was never hungry, and this gave me the encouragement to continue.

It took 6 months to lose 4 stone. I am now a size 12s and weigh 11st.7lbs.

Being slimmer has made such a difference to my confidence, my blood pressure is normal and I can now wear modern clothes. I go out more and meet lots of people. Who knows, Mr right could be around the next corner.

These women all lost weight on The 13 Minute Diet, with the help of Vitaline Health and Body Clinic. Norah Elizabeth Lane, Diet Adviser for Vitaline has just written a new book "The 13 Minute Diet", which contains a starter diet, recipes, hints, tips, a section on controlling binges, maintenance diet, exercises and is crammed with Norah's 30 year's experience helping struggling slimmers. At £13.95 including postage and packing, it is a valuable asset to all struggling slimmers. Copies can be purchased on our internet or directly from Vitaline.

For more details on the Vitaline Clinics or Slim-At-Home course, please ring 0161 292 4918. Internet slimmers visit: [www.vitaline-slimming.com](http://www.vitaline-slimming.com) PCOS sufferers visit [www.pcos-vitaline.com](http://www.pcos-vitaline.com)

