

adidas **all control, every run**

less roll, more control

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pro-moderator

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Lighten up
A REVOLUTIONARY weight loss system

litenUp
 Health & Weight Loss Management

Mandy Fervaha
416-832-6000
 Mail: mandy@litenup.ca
 Page - Liten Up

The Ideal Protein Diet is a medically designed protocol that results in rapid fat loss while sparing the lean body mass. This program was developed in France over 25 years ago by an MD, PhD who studied the science of a protein-based diet under George Blackburn, MD of the Harvard School of Medicine. This protocol is also an excellent adjunct to topical treatments for cellulite and has been used in well over one thousand medi-spas and aesthetical clinics in Canada for the last nine years with great success. Our program was introduced into the United States in January of 2008 and our FDA approved products are only available through health care professionals and are not sold in stores or over the internet.

Before *After*

- Supports Cellulite Reduction
- Maintain Muscle Mass and Vitality While Burning Fat
- Doctor Recommended
- Easy 4 Phase Protocol
- Your Last Diet
- Lose 3 – 7 Pounds/ Week
- Boost of Energy
- Naturally Suppresses Appetite
- Over 60 Gourmet Flavors

OPEN HOUSE COMING SOON. CALL TO REGISTER!

Syndrome X
The Ideal Protein Weight Loss Method targets the issues surrounding Syndrome X, also called the "metabolic syndrome." To qualify as part of this epidemic that is steamrolling North America, adults or children need only suffer from 2 of the 4 components of the metabolic syndrome:

- 1) Obesity
- 2) Blood sugar issues (Diabetes)
- 3) Cholesterol problems
- 4) High blood pressure

What to Expect
On average, women lose weight at the rate of 3 to 4 pounds per week, and men lose 4 to 7 pounds per week. Based on over 20 years of experience and 5 million people in Europe & North America, the Ideal Weight Loss Method enables the following:

- Quick weight loss without sacrificing muscle mass
- An understanding of how food affects and is utilized by the body, including what causes fat storage
- Utilization of fat for energy usually by day 4 — fat (including cellulite) that sequesters chemical toxins
- Improved energy and appetite control, reduced cravings — usually on day 4 or 5
- Improved blood sugar and cholesterol levels, reduced blood pressure

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THIS EXCITING & NEW TECHNOLOGY WILL TIGHTEN YOUR ARMS, LEGS, INNER THIGHS, TUMMY, BRA LINE, BACK, BUTTOCKS & LEGS.

REDUCE CELLULITE, LOOK LEANER & YOUNGER! FEEL GREAT!

Venus Freeze (MP) 2 technology brings you the power of clinically proven, medical grade Magnetic Pulse Technology with the unique Multi Polar RF, enabling a safe, warm, pleasant treatment with highly effective skin tightening, cellulite reduction, circumference reduction, body contouring treatments with excellent results.

Every now and then, you read something that just make sense. For every individual who needs to permanently lose weight, whether it is 10, 50 or 150 pounds, the Ideal Protein Weight-Loss Method along with the Venus Freeze Body Contouring system is the solution.

"We've never seen such a rapid renewal of health with our clients."

Our clients will lose between 3 to 7 pounds per week (women typically losing an average 3 to 4 pounds and men 5 to 7 pounds). These results are typical and ideal protein has a record of 5 million successful dieters in our 20 years of experience.

JOIN US & let us lead you on your journey to the New & Healthiest You!

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Flexible, Affordable Fun!!
 No Appointments, Experience or Trust Fund Required! Friendly instructors and no hourly or per-visit studio fees mean that you can just come in, relax and create at your own pace.

Drop In For Glass Fusing Fun!
 Beginning in mid-October, the thrill of creating your own fused glass creations will be a permanent option for drop in customers. From pendants & earrings, to trivets & bowls, the only limitation will be your imagination! Check our website for more info.

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BIG changes are coming to Glazed Expressions!
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- Bi-weekly specials, contests and special offers for our Facebook followers

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