



**Donna after**

*From May 2005 to  
September 30, 2005 -*

*Donna of Acton lost 42 lbs. &  
over 50" ...and went from a  
size 16 to a size 8!*

*"I have more  
self confidence"*



**Donna  
before**

*"Added years  
to my life"*

*The best part of the program is...*

"Very supportive staff to help you over plateaus as well as celebrating the good times and weight loss. They have taught me proper eating including choices and portions.

*The biggest changes as a result of the Herbal Magic Program...*

"More energy and self confidence, lowered my blood pressure so I am taking half the medication I was 7 months ago."

**Herbal Magic**  
WEIGHT LOSS & NUTRITION CENTRES

[www.herbalmagic.ca](http://www.herbalmagic.ca)

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(Sobey's Plaza)**

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