



"I would recommend Herbal Magic because I now know how to lose weight and how to avoid gaining it back. Best of all I feel incredible, its not just the decision to lose weight, its the decision to change your life and its truly worth it!"

"I decided to go to Herbal Magic because I have tried going to the gym and dieting on my own but I wasn't able to lose any weight, so I wanted help. The point when I said enough was enough was when I saw this picture (before) and how much weight I was carrying. I cried and decided that I had to do something, a week later I had already lost 5 pounds with Herbal Magic and was determined to finish what I had started.

Before losing weight I didn't sleep well and it was hard to do simple tasks like walking up the stairs to my apartment. I wanted to work outside with horses and felt I couldn't because I would struggle with the physical demand of the job. I was constantly wearing big clothes and sweaters to hide from the world, I would go shopping with friends and could never find any clothes that fit in the stores they shopped, this made me feel ashamed and depressed about my lifestyle.

Now, I am a college graduate in Equine Agriculture working outdoors. Also, I am confident that when I have children I can handle the demanding lifestyle. Today I shop in regular clothing stores with my friends and look great in the clothes I try on. I feel like I've not only lost weight but I have gained self confidence.



WEIGHT LOSS WISDOM TIPS

- Want a quick reference when measuring portion sizes? Use your palm! The size of your palm can accurately reflect what most meat, vegetable, starch, and fruit portions should measure.
- Get up! Get moving! Movement is good for circulation and digestion, so try to refrain from sitting for more than 30 minutes at a time.
- Get steamed! Remember to ask for stem vegetables instead of grilled vegetables when ordering at a restaurant. In most cases, grilled vegetables have been coated with oil or butter.
- The longer you look at a restaurant menu, the more likely you are to be tempted by less healthy choices. So when eating out, try racing the clock when choosing a low-fat, low-calorie entrée on the menu.
- Purple broccoli? That's right! Dark green broccoli, or broccoli with a purplish hue, is loaded with life affirming beta-carotene, so pick it first! Avoid the broccoli that has turned yellow.
- Eat light! When it comes to food, "light" or "lite" means th item contains 1/3 fewer calories and/or 50% less fat than the regular kind.

**Aimee from
Acton Herbal Magic
lost 33 pounds
and 38 inches**

**CALL FOR
YOUR FREE
WEIGHT LOSS
CONSULTATION.**



It's not just what you lose, it's what you gain

Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES

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