

Milton Success Stories

ADVERTISING FEATURE

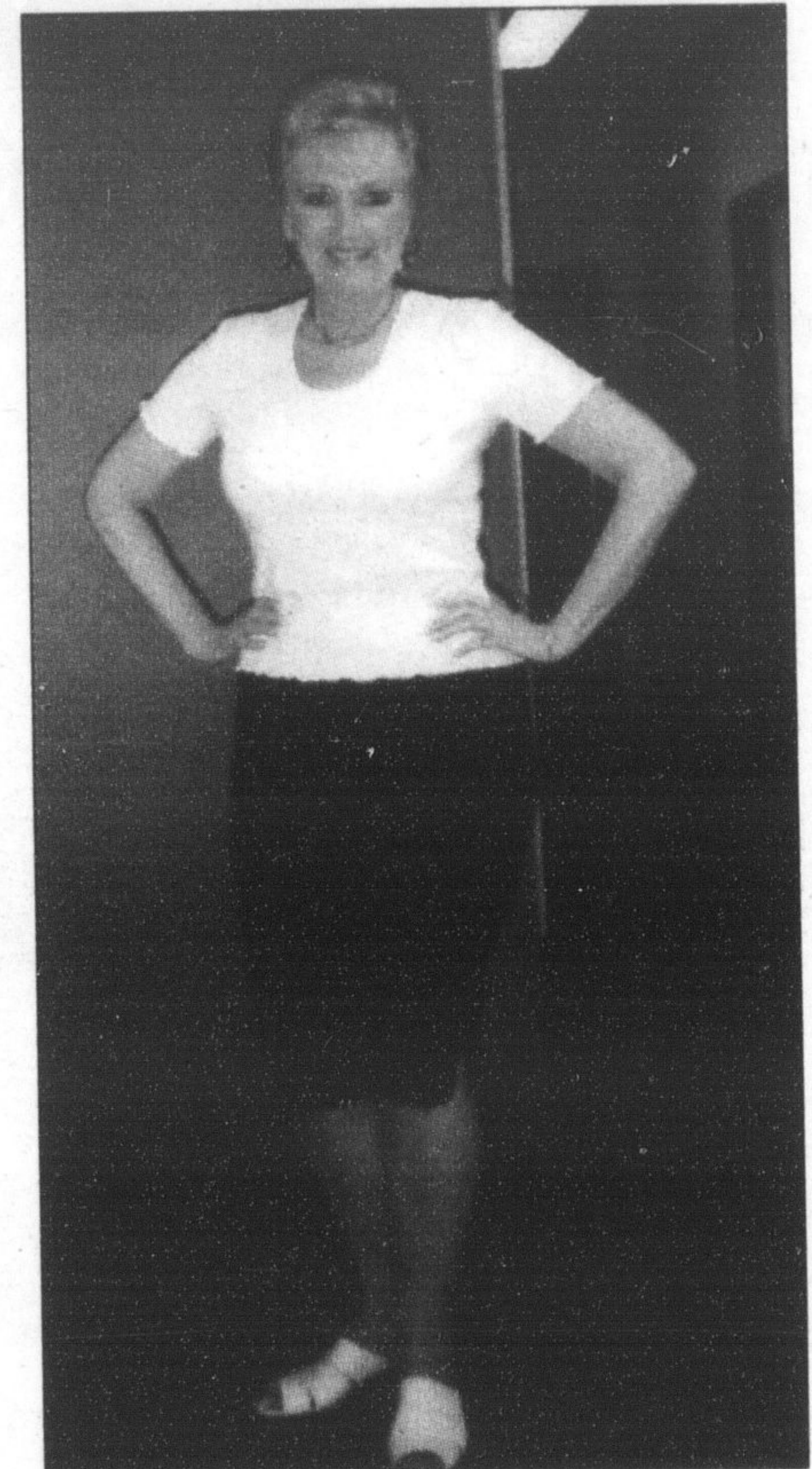
Barbara Brown had had enough. Looking at recent photographs of herself, she knew something had to be done. Barbara was 33 lbs. overweight and felt unhealthy and unattractive. So on October 3, 2000, she joined the **Herbal Magic** Weight Management program. In four and a half short months Barbara lost 33 lbs. and became the slim, healthy, energetic

woman she once was. "I joined the **Herbal Magic** program because I knew it would really work," says Barbara. "I really enjoyed the one-on-one support. If I needed a meal idea, or just some encouragement, the health counselors were immediately available to help me. I also wanted to lose the weight naturally, and I really liked the idea I could go to the grocery store to buy the foods that would help me shed off the extra weight. My husband and I could both eat the same way, a healthy way." In addition to using only her own food, Barbara used all natural herbal supplements to increase her metabolic rate, help burn off fat, reduce cravings for carbohydrates, sugar and salt and increase energy and stamina, all while losing weight! "I felt great while losing weight. On other programs I had tried, I felt tired, hungry and deprived of choices. This time I didn't feel like I was dieting at all. I was finally making a healthy lifestyle change." Barbara had tried all of the popular weight loss programs with always the same result; she would lose weight only to gain it all back. Barbara was tired of yo-yo-ing and wanted to lose the weight once and for all, this time keeping it off for good. She was also looking for a program that had a

complete follow-up. "I really enjoyed the six week stabilization program. For the first time I know exactly what foods allow me to stay at my goal weight and what foods will put weight back on." In addition to the stabilization program, all clients who join **Herbal Magic** stay on for a one-year mandatory maintenance program, ensuring that the weight they have lost will be kept off. "I'm on maintenance now," says Barbara. "I know for the first time I have finally made a lifestyle change. I can say with confidence I will never have to lose weight again." **Herbal Magic Wellness Systems** offers personalized one-on-one service, combined with the Quick Loss Plus program, providing Milton with a safe, all-natural approach to weight loss. Just ask Barbara Brown! Are you interested in losing weight? The caring staff at **Herbal Magic** understands your needs. They invite you in for a free, no-obligation personal consultation with one of their trained health counselors. Let's get you on the road to a slimmer, happier, healthier you! **Make an appointment today!** **Herbal Magic Wellness Systems** is located at 15 Martin Street, Carriage Square. (905) 693-9594.



Barbara before



Barbara after



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MILTON PLAYERS THEATRE GROUP

REMINDER

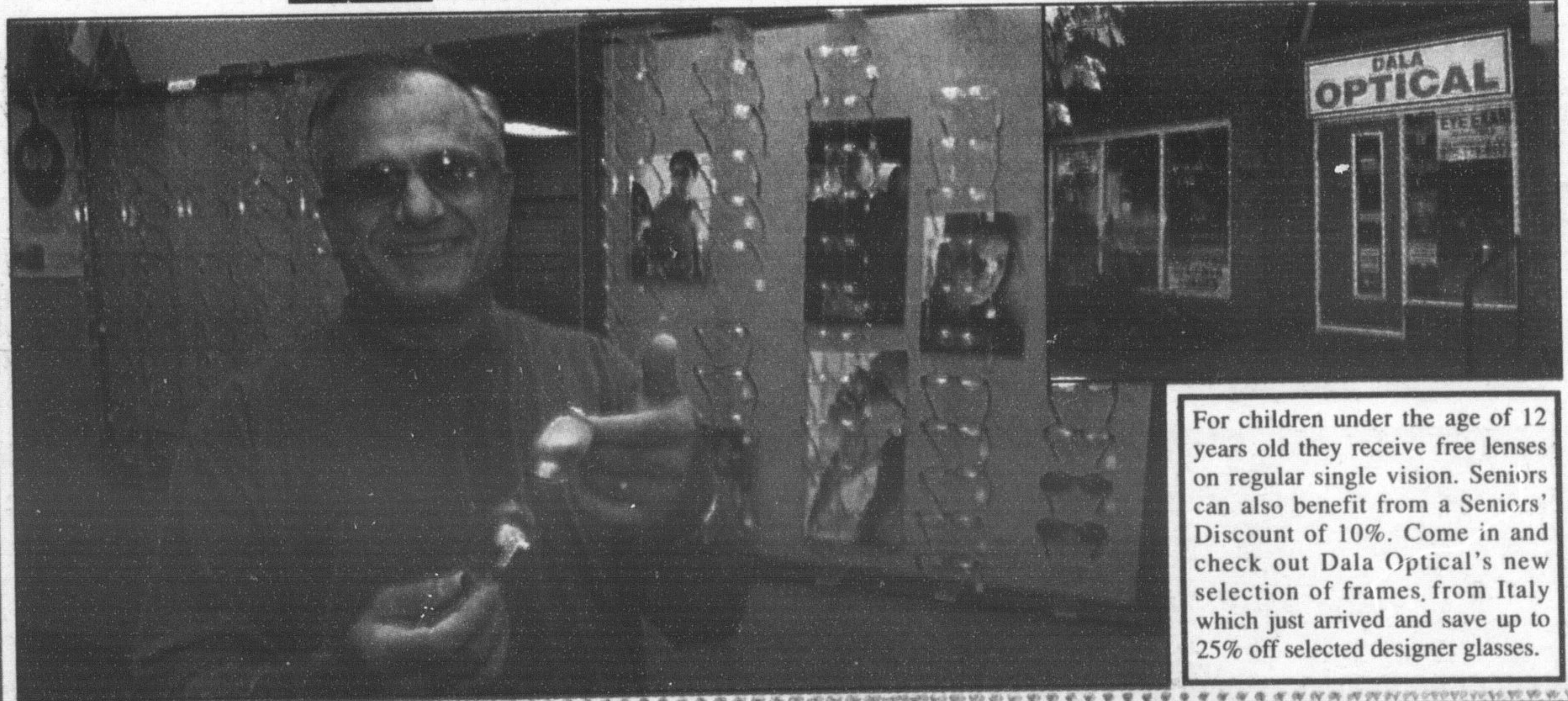
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