

Lifestyles

lose up to 7 lbs. per week • no exercise required • guaranteed results

lose your weight
for half price!



Adale
lost 22 lbs
& 4 dress
sizes

Adale,
Business Owner

Based on full program -
excludes product.
Sale ends
August 22, 2003

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• natural formula gently
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*Expires Aug 22/03

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• Increases metabolic rate
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• increases libido

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First aid for heat exhaustion

It can be caused by either too little water or too little salt. The first symptoms are dizziness, sweating, headache, weakness, tiredness and nausea. If the person continues to lose water, this condition can become similar to shock, which can result in reduced mental alertness, blurred vision, pale and wet skin and shallow rapid breathing.

If someone is suffering from heat exhaustion:

- Move the person to a cooler place.
- Loosen restrictive clothing.
- If the victim is conscious, have him drink a solution of one teaspoon of salt per pint of water.
- Lay the victim down.
- Raise the person's feet and legs slightly higher than their head.
- Fan the victim.
- Sponge with lukewarm water to encourage heat loss but don't chill the victim.
- Call for medical help.

These tips can help prevent any form of heat stress:

- Drink plenty of water or one of the commercially prepared drinks designed to replace fluids and minerals.
- Do not drink coffee, tea or cola to replace water.
- Take short rest breaks in a cooler area.
- Eat light, cool meals.
- Dress lightly, in layers, so that you can adjust as the temperature changes.

Any type of heat illness can be serious, even fatal. Take it easy when you work in hot conditions!



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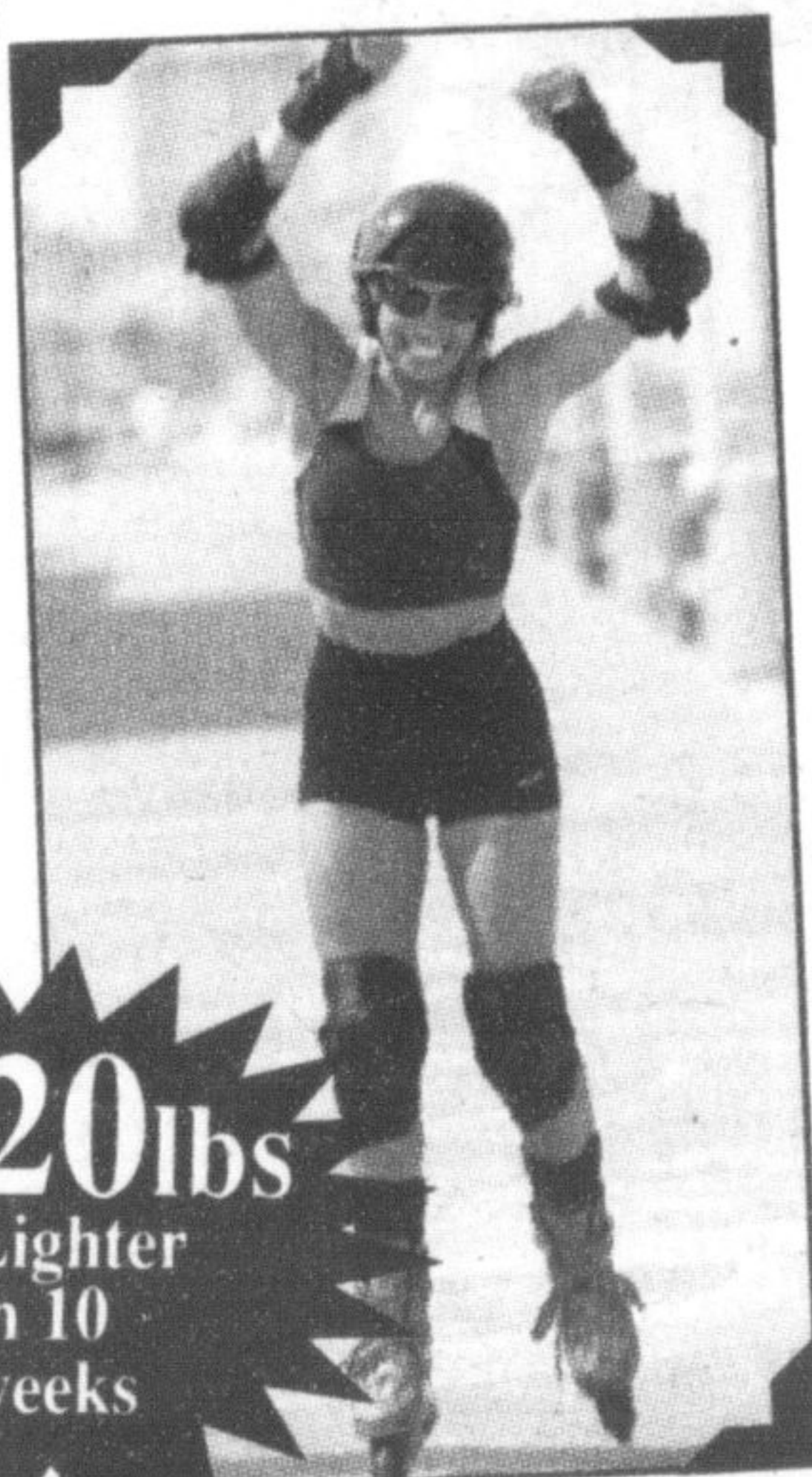
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- Focusing on a lifestyle change
- Maintenance programs

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No Enrollment*

*based on full program. Excludes product.

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Q: Do I have to suffer to manage my weight?

A: At Beverly Hills Weight Management and Nutrition Centre, we can help you lose extra pounds effortlessly. What's more, you'll keep it off. Through a well balanced nutritional program and proper counseling, you will successfully achieve your goal. The key to success is developing a healthy lifestyle that addresses both your likes and dislikes. What is the point of hating every moment you spend on a "diet". There is no need to suffer through every lost pound.

At Beverly Hills we work with the factors that have contributed to your weight gain. Factors such as slow metabolism caused by poor eating habits brought on by stress and our 'fast-paced' life styles. By losing weight improperly, you slow your metabolism down, and you'll regain all your weight and lose much slower in your next attempt at weight loss.

Clinic Director, Marion Healy is a Registered Nutritional Consulting Practitioner with over 15 years experience in nutrition and metabolic weight management. Marion has conducted seminars to many Milton businesses on proper diet and nutrition practices. Because you are an individual with your own personal preferences, Marion will design a nutritional protocol that's best suited for you.

What is Metabolic Weight Management?

It's more than just losing weight, it is improving your metabolism (the rate at which your body burns fat) so that you are able to maintain your results for a lifetime. We are all unique and require specific attention to achieve our greatest metabolic potential, with emphasis on learning.

We accomplish long term results with our six week stabilization program and one year maintenance option, guaranteed. If at any time during the following year, you gain back three to five pounds, you are invited to return to the clinic **free** of charge. At Beverly Hills, we work hard to help you maintain your results.

Due to the high levels of safety and attention offered by our program, it is frequently recommended by health care providers to their patients who need help. With this kind of support from the community, you can be assured that your weight control will be safe, effective and healthy.

You have one body to last a lifetime why not make it the best body you could possibly have?

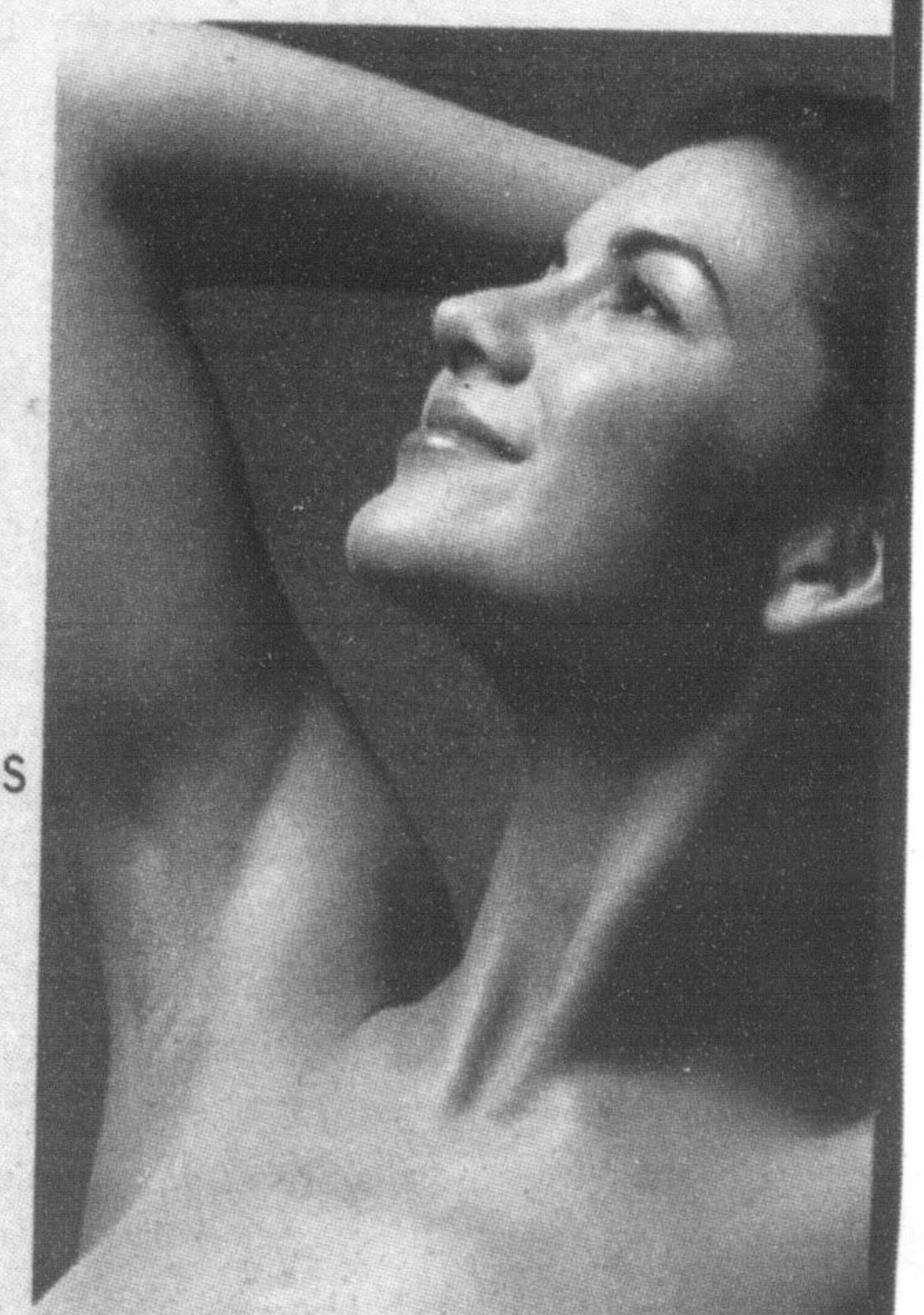
Marion Healy is a registered Nutritional Consulting Practitioner with over 15 years experience in weight loss and nutrition.

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IMAGES

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