

# Milton Success Stories

## HERBAL MAGIC

*Celebrating Their Fifth Anniversary!*

Herbal Magic would like to thank Miltonians for making it the best weightloss and nutritional centre in town. The centre, located in the Carriage Square at Main and Martin Streets, is inviting clients and the community to come down and celebrate our fifth anniversary this month.

Herbal Magic opened for business in Milton in June 1999. Since then, the health and wellness centre has helped hundreds of clients lose weight and become healthier.

Owner/director Maxine Stanley says one reason why the Herbal Magic approach to weight loss is so successful is one-on-one counseling. This involves personalized meal planning along with in-depth motivation in a private setting.

"We help our clients set personal weight goals, then help them achieve those goals. We are there every step of the weight loss journey, continuing into long-term weight maintenance."

Ms. Stanley stresses Herbal Magic is not about dieting; "Diets create only temporary results." Instead, counselors help design a multi-faceted plan that leads to healthy weight loss. This includes a stabilization program that helps clients keep their weight off, along with preventing the 'yo-yo' effect found in fad diets.

"Our individualized programs do not consist of low calorie, pre-packaged

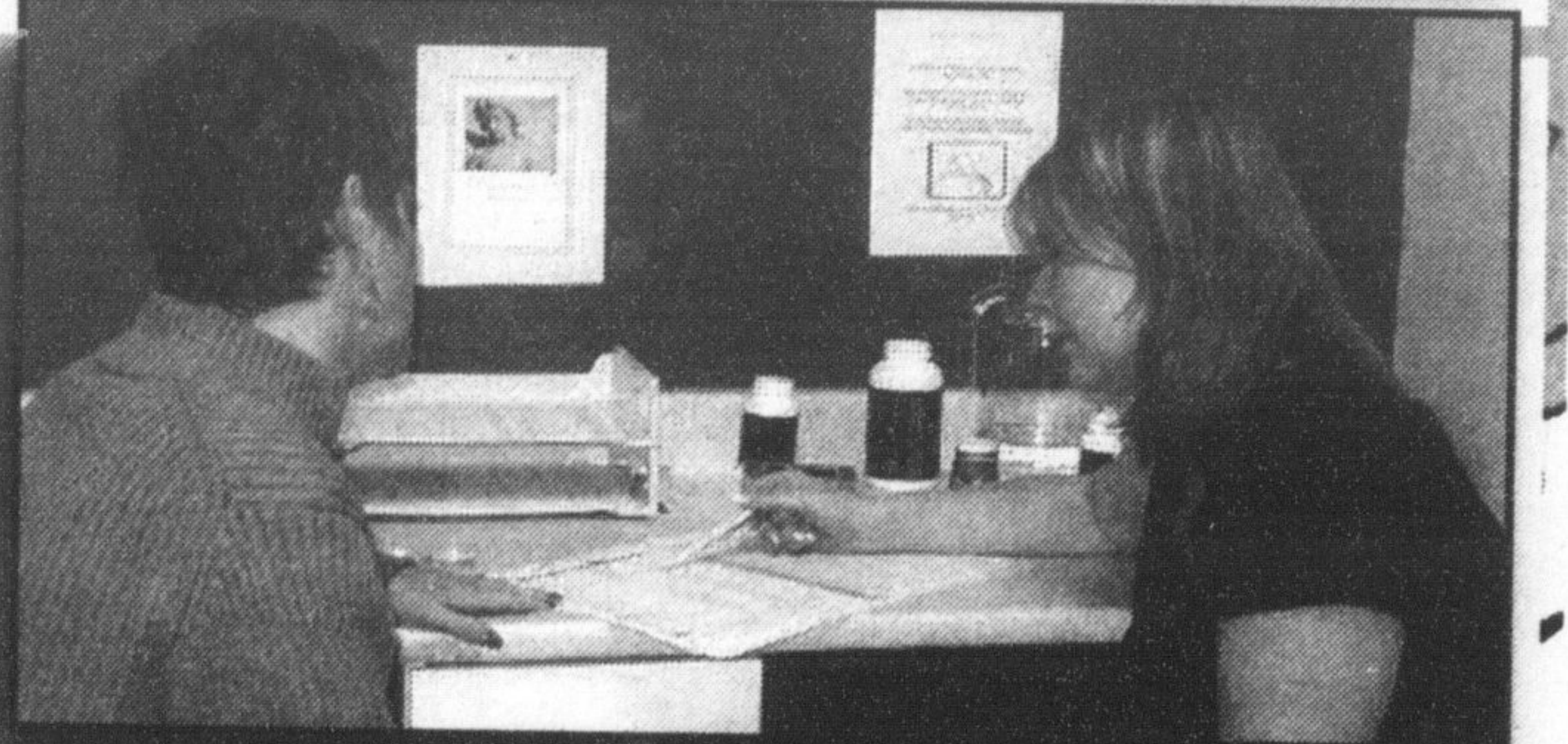
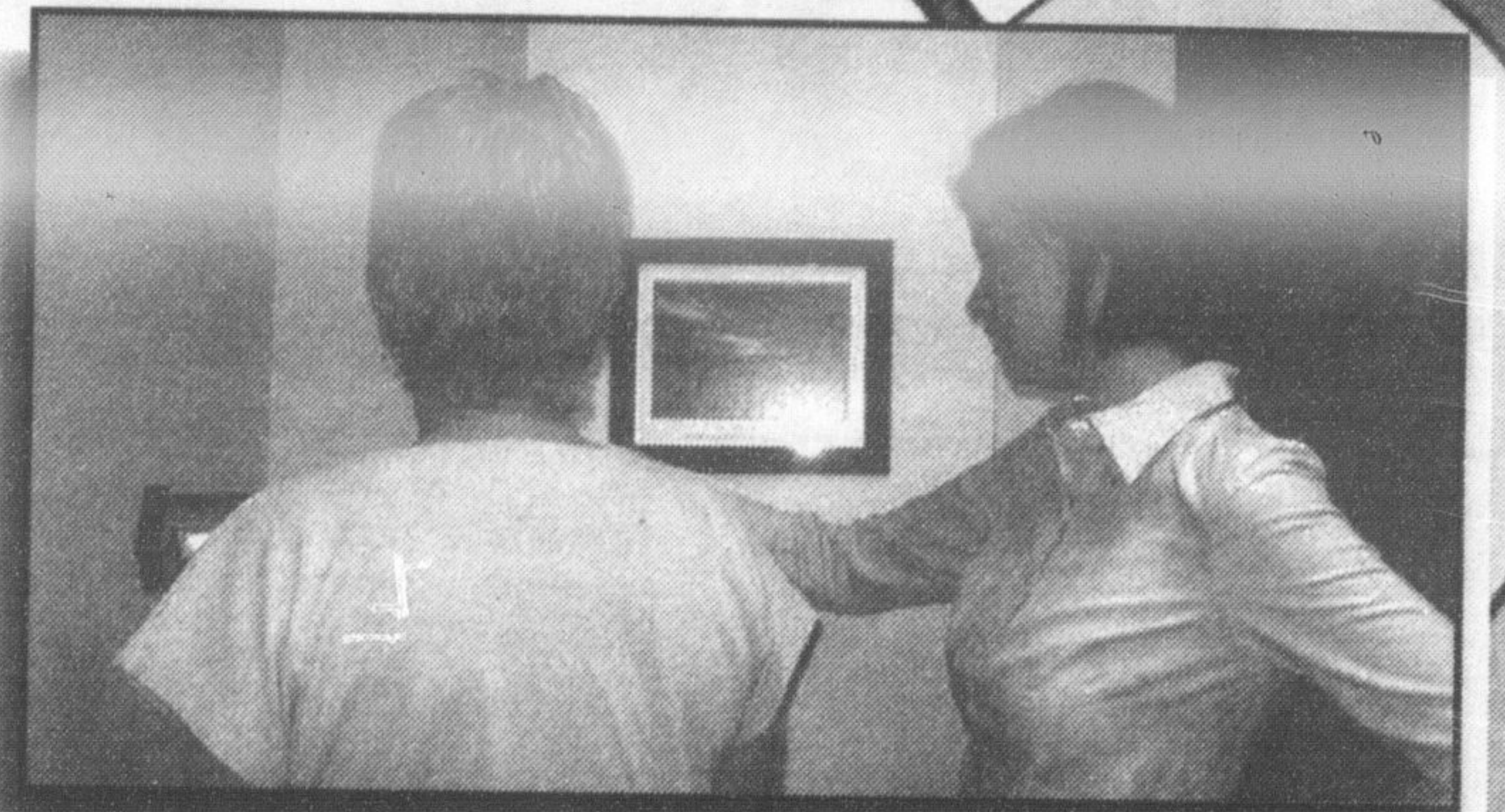
foods. Clients use their own store bought groceries to achieve safe weight loss of 2 - 7 lbs per week."

An important component of the Herbal Magic system is their full line of high quality, all natural herbal products. These supplements help boost the body's metabolism naturally while reducing cravings for carbohydrates and sugars

Says Ms. Stanley, "Our exclusive line of safe, herbal supplements are standardized and tested for potency. They contain no artificial additives, preservatives or fillers such as sugar, starch and milk products. Our proprietary formulas give consumers the best possible value."

In addition to weight loss, Herbal Magic offers a wide selection of supplements to promote general health and treat specific ailments. These range from supporting the body's immune system, improving sports performance, alleviating symptoms of menopause, to preventing snoring.

Overall, Ms. Stanley feels Herbal Magic's strength is providing clients with the necessary knowledge to achieve a healthy lifestyle change. "People who invest in their health with Herbal Magic will get results."



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