

# Milton Success Stories

## CELEBRATING OUR 3<sup>RD</sup> ANNIVERSARY IN MILTON!

Experts estimate that 10 to 25% of all teenagers and 20 to 50% of all adults have weight problems in Canada. With sedentary lifestyles and eating habits becoming even poorer, sadly this figure continues to rise at an alarming rate. It is known that obesity brings many health hazards including heart attacks, strokes and diabetes. The mental effects of obesity or being overweight can be just as devastating: the jokes, the depression, and the loss of self-confidence. It's time to do something about it. Do it for family, do it for your friends, but most of all - do it for yourself! Don't become a statistic, become a winner!

### Helping People is its Own Reward

Karen Peyton, owner of Herbal One locations in Milton and Cambridge says her biggest reward is seeing her clients reach their goals and the complete transformation people go through when using the Herbal One program. There is no magic involved in losing the weight, you have to be dedicated and really want to lose the pounds - but stay on the program and you will see changes. "One of my clients signed up on her first day



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a sad, and self conscious girl", said Karen "and talk about a complete 360 degree change in a person. Her hair, her clothes, her smile - she was a completely different person, so full of energy and life". This client lost 44 lbs!

### A Real Success Story

Here is a testimonial from Kim Schartzberg, a recent Herbal One Client:

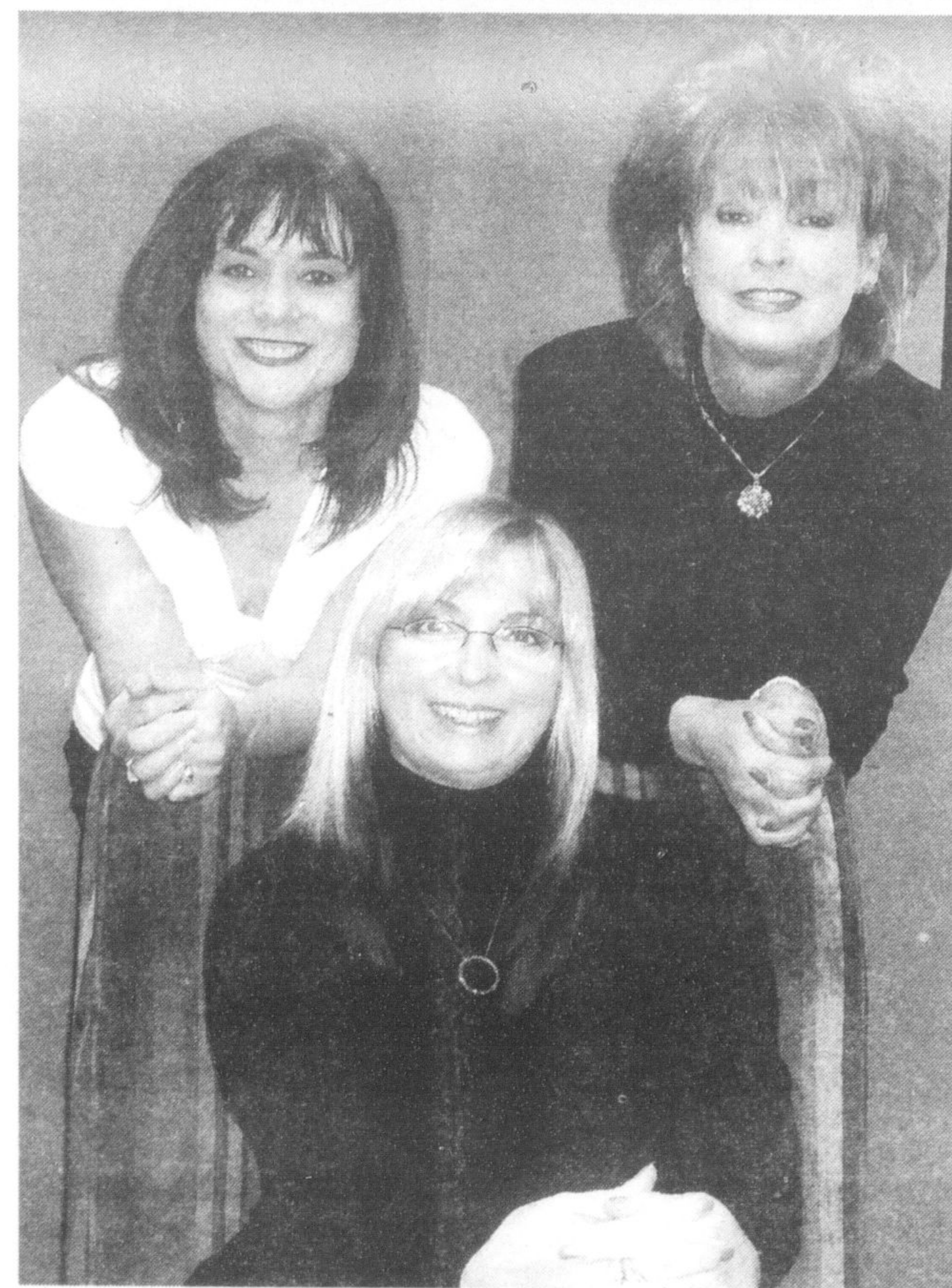
"This program changed my life! When I came in the first time, I was overweight, unhappy and not healthy. From the first moment I walked into the clinic I was comfortable. Once I started losing the weight, I became more and more motivated to continue. The staff was

always supportive and helped me through my plateaus. I am now a new person! I am more confident and am happy in myself. I smile at people now instead of walking with my head down. Herbal One helped change my life. I cannot say enough about Herbal One and the wonderful supportive staff".

### What Kind of Results Can You Expect?

Following their system generally allows for safe weight loss of 2-7 lbs per week. And, because their natural herbal supplemented programs are customized to the individual's weight level, clients seldom, if ever feel as though they are on diet. In fact, their program is not really a diet at all - it's a lifestyle change. They teach you how to create a favourable atmosphere for weight loss with proper maintenance to keep off once goals are reached.

Don't hesitate, Herbal Ones staff would be delighted to answer any questions or concerns you might have. Call 905-878-1123 or stop by Herbal One Milton at 385 Main Street (next to Bell World) and begin your journey to a happier, healthier you.



Herbal One Milton Location staff.



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www.herbal-1.com



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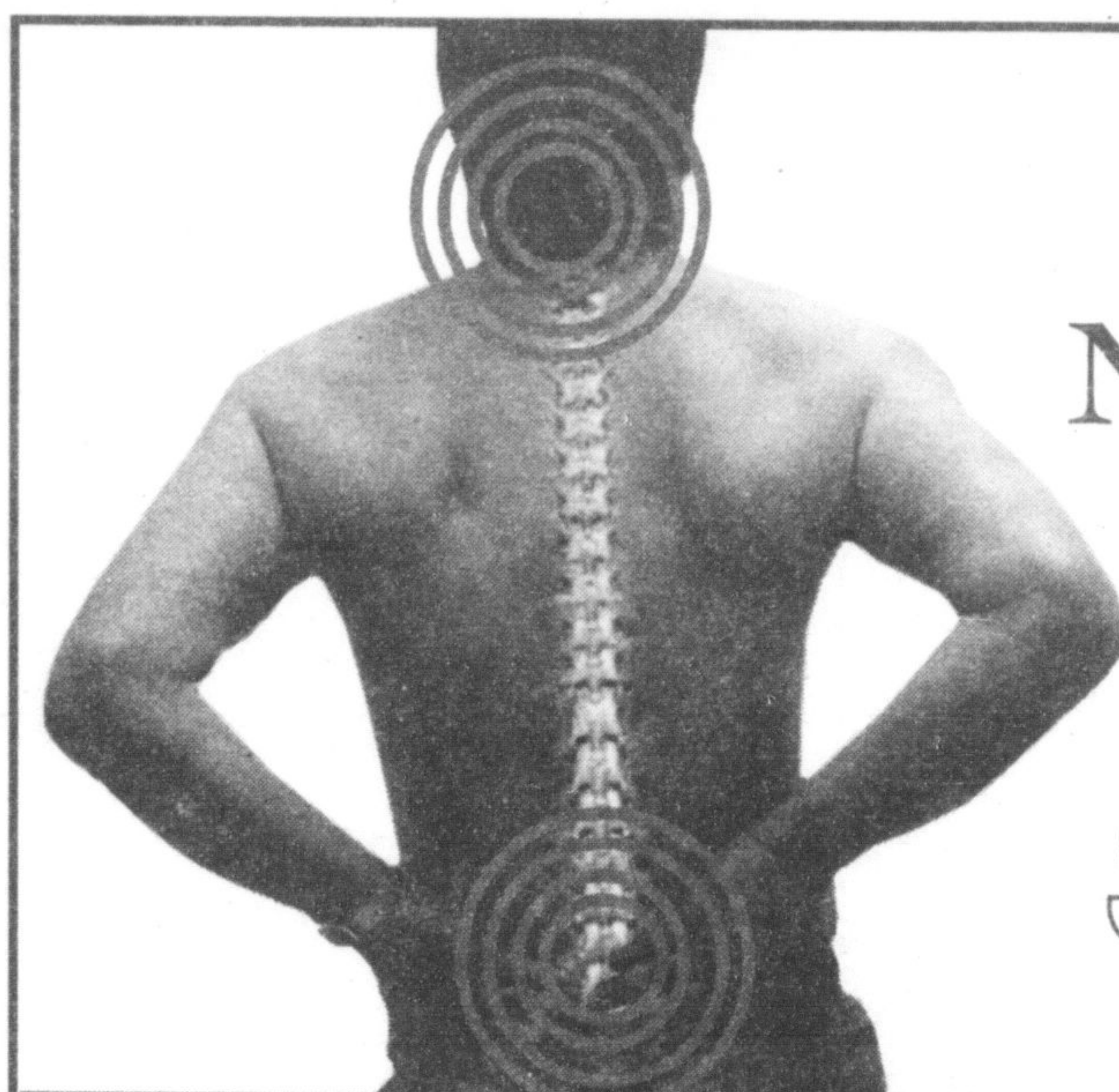
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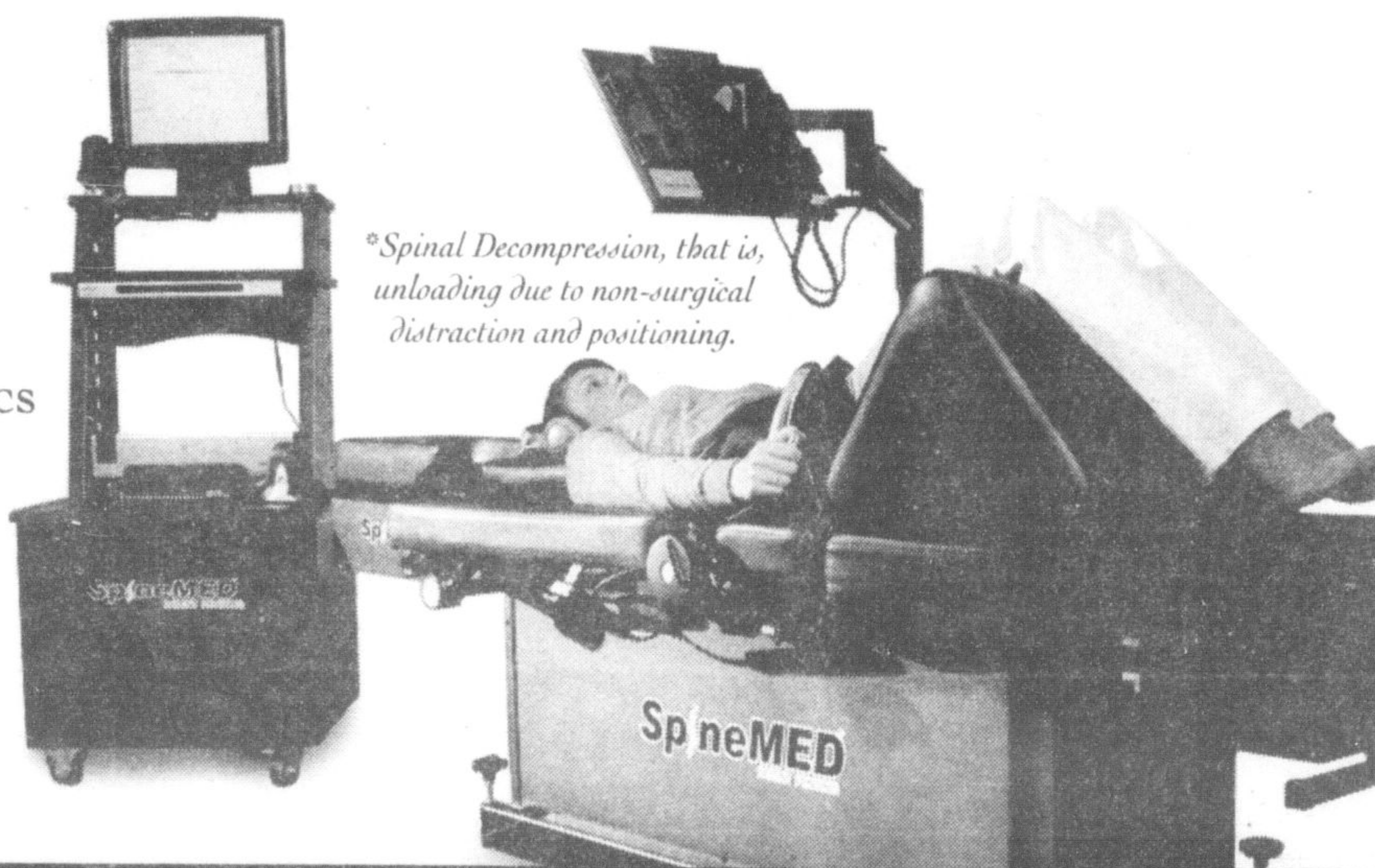
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