

# The **SureSlim** Method

## I had no idea it was as simple managing my metabolism.

*Happy Mother's Day!!*



This was me 4 months ago, before I discovered the SureSlim Method. Since then I've lost 43 pounds, 9 dress sizes, and all of my fear and self-consciousness over my weight and appearance. I did it without drugs, without surgery, without calorie-counting or even a demanding diet. I was attracted to The SureSlim Method because I heard them when they said; "It's not you. It's your metabolism." All my life I'd been surrounded by people who seemed to eat the same or even more than I did, and yet they didn't put on the pounds like I did. I had heard about metabolisms and that they were different for different people, but that was it. So, when I went to SureSlim one of the very first things they made clear was that metabolism refers to the countless chemical processes that go on all the time inside the body that allow life and normal functioning. These processes require energy from food. I found out that while you can't control your metabolism, you can make it work for you.

With The SureSlim Method your blood is analyzed to determine which everyday foods react favourably and unfavourably for you. Specialists factor in all of an individual's particulars, relate them to information revealed by their blood test and create an easy to follow plan that sets your metabolism in a path that leads to a leaner, healthier, more attractive you. Scientifically, metabolism is complicated. But a SureSlim consultant explained it to me in terms that relate directly to me. I was educated about which food types helped me and which spelled trouble. I could not believe how simple it was. It was only a matter of eating this and not eating that, and working closely with my SureSlim consultant. Everything was common sense once I understood that my body's chemical reactions were the major player and the only real control I had was in choosing the raw material it reacted with. What really matters of course is to see it work for you. All you have to do is spend a few minutes with a SureSlim consultant near you.

You can make that happen simply by dropping in or calling SureSlim at a location listed below. Or, if you prefer, you can visit us online at [www.sureslim.ca](http://www.sureslim.ca) and book your information session.

And never forget;  
It's not you.  
It's your metabolism.



2007 Biggest Loser



\* Richard & Pat are satisfied SureSlim clients. Individual Results May Vary.

**Call Now or Book Online For Your FREE INFORMATION SESSION!**

# 1- 877 - SLIM - 977

**SureSlim**  
WELLNESS CLINIC

[www.sureslim.ca](http://www.sureslim.ca)

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 Hamilton 905-318-3234 St Catharines 905-684-4848

~ NO Pills ~ NO Injections ~ NO Shakes ~ NO Starvation ~ NO Packaged Food ~ NO Counting Calories ~ NO Excessive Exercise ~