

"I Dropped 55 lbs. Without Dieting!"



My name is Melinda Russell. My 55lbs. melted off in six short months.

"I thought I was destined to be forever fat."

Melinda Before Shedding 55 lbs.

I thought I was destined to be forever fat. Then I made my astounding discovery..."

My weight skyrocketed about six years ago. That's when I married my husband, Ray. I fell into the comfortable married lady routine. I knew Ray was concerned about my weight gain. He could see the changes in my disposition. Ray became my comfort and support. "You're the most beautiful woman I've ever seen," he told me. But I was still miserable!

One day I overheard my mom and sister talking about an ad in the newspaper. At first I tuned them out. Then I heard my Mom say these were people who had lost as much as 105 pounds with hypnosis. That got my attention! Still, I was skeptical. Hypnosis?

The free evaluation was full of surprises. Our consultant was friendly and professional.

Two days later I called back and signed up.

I lost 7 lbs. the first week. That's when my skepticism vanished. 6 1/2 months later I had lost my entire 55 lbs! It was easy. My dress size dropped from a plump 22 to a trim size 12. Losing my weight with hypnosis was the smartest decision of my life.

My habits started changing right after my first session. My snacking habits vanished instantly. I wasn't hungry or cranky at any time during my program. Thanks to Positive Changes Hypnosis I uncovered the cause of my weight and conquered it! That's why I'm certain that I'll stay thin for good.

I get a tingle of joy every time I see myself in a mirror. My husband says he's thrilled because I'm so happy. He no longer asks me out to dinner. He asks me out on a date!

I feel 100% better about myself. I had almost forgotten what it was like to have a stranger give me a look or whistle. I used to think they were jerks. Now I just smile and think to myself, "Thanks, Positive Changes."

I met lots of other people at PCH who were getting results just like me. My mom and sister both signed up two weeks after me. They lost all their weight too. That makes three living, breathing success stories. I can't begin to say enough about my amazing experience with Positive Changes.

"I uncovered the cause of my weight and conquered it!"

Melinda After Positive Changes Hypnosis

If you're where I was, overweight and unhappy, for goodness sake

call Positive Changes Hypnosis today. Attend their free evaluation. You'll find honest, caring people who have your best interests at heart. Their fees are reasonable and they treat you like royalty.

Like I said at the beginning. No one deserves to be unhappy. Don't miss out on the happy, healthy life you were born to live.

Call now.

OUR NO-RISK GUARANTEE

Your success is our top priority. If at your first program session you are not satisfied for any reason, we will refund 100% of your money before you leave the building.

No questions asked.
You risk nothing.

WHY HYPNOSIS WORKS:

- ✓ Eat only when you're hungry. Stop when you're full!
- ✓ Hypnosis programs "correct" eating strategies into your subconscious.
- ✓ Clients report new behaviours that feel "natural" upon awakening.
- ✓ Skilled hypnotists can help you eliminate habitual triggers that cause you to over eat!

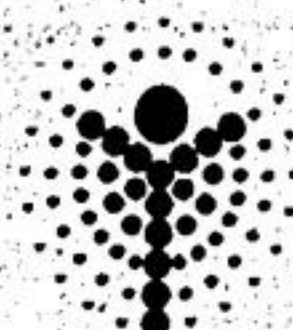
CALL NOW FOR YOUR FREE EVALUATION



Positive Changes
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Where Results Happen

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(North of 101 @ Bayview Exit)
www.PositiveChanges.com

With Osteoporosis a fractured hip could be a life sentence.



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Society
of Canada

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for more information

This message brought to you as a community service of The Economist/Tribune

- Advertiser - Maynards

Looking to really get into Halloween this year? All this month Maynards upon instructions from the court appointed receiver, Deloitte & Touche Inc. will be conducting a gigantic bankruptcy sale to clear out all of Alderbrook Industries Ltd. 2002 Halloween inventory. The sale will be held direct from Alderbrook Industries Ltd. warehouse located at 885 Sandy Beach Road in Pickering, ON.

Everything you need to create a Halloween no one will soon forget. Motion silhouettes that dance in your hallways to standing witches & ghosts to peer from your windows. For all those little goblins out there we have the whole lot from treat bags for carrying their loot to frighten flashlights to guide their way through the night. Hurry in for best selection, with deals 50-70% off retail prices merchandise won't last long! Happy Haunting!

- Indoor & Outdoor Lighting • Motion Silhouettes • Flashlights
- Strobe Lights • Cutouts • Garlands • Vinyl Banners • Candy Buckets
- Animated Candy Bowls • Dancing/Shaking Skeletons
- Door Head Greeters • Animated Hats • Earrings • Light-Up Rings
- Twinklers • Halloween Fright Tape • Holographic Streamers
- Novelty Candles • Scarecrows • Pumpkin Heads
- Standing Witches & Ghosts • Table Cloths • Self-Inking Stamps
- Halloween Creatures • Spooky Eyeglasses
- Treat Bags and Much, Much More!

To view Alderbrook Industries Ltd. 2002 Halloween inventory catalogue visit Maynards Website at: www.maynards.com

ALDERBROOK

Maynards, upon instructions from the court appointed receiver, Deloitte & Touche Inc.

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SALE ON NOW... HURRY FOR BEST SELECTION!!!

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HOURS: Monday-Friday 10am-7pm; Saturday 9am-6pm; Sunday Noon-5pm (Closed Monday, Oct. 14)



Donate your unwanted car to the Kidney Foundation and receive a charitable tax donation for the donor of the vehicle.

We'll all prosper!!

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