

health & beauty



Lose weight, gain energy

EMILY BOSWORTH is half the woman she used to be – and she has the Slim You programme to thank for it.

She has gone from a size 24 to a svelte size 12 and has lost a total of 42kg, by completing the Slim You "112-day challenge."

"I am still losing weight," she says, "I aim to lose another 8kg, but I am now at a healthy range." Slim You was created by naturopath and chiropractor Dr Damian Kristof, of the popular television show *Downsize Me*, and Christchurch woman Phyllis Briggs of SheSucceeds.com.

Emily, 35, has completed two challenges over the past year and says the programme has completely turned her life around.

Suffering from serious health problems including high cholesterol, low iron levels, and blood sugar so high that she was on the verge of diabetes, she knew she had to do something about it.

"I also had a very fatty liver and suffered from regular headaches as well as a range of emotional problems, such as panic attacks.

"I also always got things like warts and boils and I was addicted to diet coke and artificial sweeteners – I was eating really badly."

After attending a presentation held by Dr Damian, whom Emily had always enjoyed watching on *Downsize Me*, she signed up for Slim You's 112 Day Challenge – and hasn't looked back.

"My cholesterol, iron and blood sugar levels are normal now and all my health problems have disappeared. I have loads of energy and feel amazing – you just don't know how good you are going to feel until you do it."

The success of Slim You is down to its focus on health and natural foods, she says. "It's about going back to basics – no pre-packaged or processed foods. You get a book of really nice recipes and they teach you how to cook them and balance your protein, fat and carbohydrates." She says it is more of a lifestyle change than a diet.

"I also exercise every day now and I love it, and I haven't been sick in over a year. Also, the food is delicious – one of my favourite meals they taught us is the chicken pizza, which you could email support@slimy.com for the recipe."

Before starting, a blood test determines which vitamins you are deficient in, so Damian can advise



TRANSFORMATION: Emily Bosworth, before and after trying the Slim You programme.

you on which supplements you would benefit from. Every week, a live online discussion is held for participants to ask questions or share any concerns they may have, or just to provide support and encouragement. Emily describes the

service as "invaluable".

"Damian can tell you what you may be missing in your diet just by talking to you – for example, if you are craving salty food you may be lacking in the mineral magnesium."

Slim You also offers a range of

other programmes and services including health retreats, body blitz challenges and a health club.

■ Visit www.slimyou.com or email info@slimy.com or phone 0800 SLIM YOU (0800 7546 968)

Take the 21 day Body Blitz challenge

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FOR CHRISTMAS!

Body Blitz is a 21 day detox program designed by highly qualified naturopath, Dr Damian Kristof to help you kick start weight loss. Body Blitz is a nutritionally effective fat stripping program using real food to smash through resistant fat stores. It is perfect for those wanting to strip fat fast for a special occasion or to get in the mode of healthy weight loss.

- Download today and start instantly with a motivational kick start video and mp3 recordings by renowned health professionals.
- Package includes Body Blitz program, menu plans and delicious recipes to guide and structure your week.
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- Apply the program over the next 21 days and loose between 3-7 kgs*

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Created by Dr Damian Kristof
as seen on TV3's "Downsize Me"

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Slim You
One Body one Life

For further enquiries please contact us on (03) 384 7451
or via email support@slimyou.com

* Results may differ due to the nature of an individual's commitment to the program and individual efforts.
Please visit the website for more detailed information on the Body Blitz program.