

Detox to shape up

Drain your body of toxins to gain a slimmer, healthier body



I put on weight easily and have a hard time losing my excess inches even though I exercise diligently. What can I do to lose the extra flab?

– Emily Tan, 29, events manager

A: “While exercises, such as running and weight training, are essential to stay fit, overdoing them may increase your muscle mass. And as muscle tends to be heavier than fat, you may end up gaining weight. To achieve significant inch and weight loss, you should detox your body first,” says Ginger.

She adds, “Our lymphatic system is like a drainage system which helps eliminate waste materials and toxins. If this drainage system is blocked, then the accumulated waste and toxins start to disrupt healthy body functions. The result? Water retention, cellulite and weight gain.”

To help rid your body of toxins and excess inches, Ginger recommends, “The Suddenly Slender Mineral Body Wrap. It also contains 175 minerals to replace the loss of minerals that can weaken immunity. You’ll see an inch loss after just one session as the Body Wrap aids in shrinking fat cells. Light exercise is also part of the Body Wrap process, as it increases your fat-burning metabolism.”

I am always on a diet, but I think my ideal weight is eluding me. What else can I do to lose weight and get in shape?

– Norliza Ahmad, 34, assistant manager

A: “On its own, dieting is sometimes, the least effective method of weight loss. It’s also an unhealthy method where you could end up depriving your body of essential nutrients. And without the right amount of minerals, our body’s ability to remove toxins becomes affected,” says Ginger. “Detoxification is vital in any weight loss plan as our body needs lots of minerals to remove the build-up of bodily toxin and waste.”

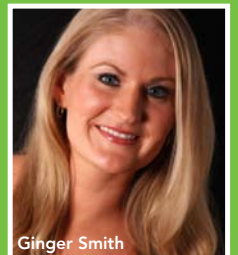
She adds, “The Suddenly Slender Mineral Body Wrap with Atomic Iodine and Kelp helps replenish minerals needed and burn fat. Iodine is vital for the proper functioning of the thyroid glands, which manage how the body uses energy, produces proteins and controls the body’s reactions to hormones.”

“Most major and trace minerals deficiencies can be remedied with our Body Wraps. The special blend of minerals in our Flat Tummy Body Wrap also helps to re-distribute sugar from fats to an energy source. This gives you more energy and reduces your food cravings too!”

EXPERT OPINION

For more than 13 years, Ginger Smith, a spokesperson for Suddenly Slender International, has been spreading the word on the benefits of the Suddenly Slender Mineral Body Wraps.

Found in 1969, the Suddenly Slender Mineral Body Wrap has been featured in international magazines, and on talk shows like *The Ellen Degeneres Show* and *The Tyra Banks Show*.



Ginger Smith

To find out more about the Suddenly Slender Mineral Body Wraps, call 6570 8111 or log onto www.suddenlyslender.com.sg for details. Suddenly Slender is located at #03-22/25, 313@Somerset and #01-03A, 1 Marine Parade Central.