

Slim

INSPIRATION

Three readers share their stories before embarking on a life-changing journey with Suddenly Slender



PANSY KOH, 43, runs a retail business, and has two children, aged 13 and 15

"This is my fourth year of trying to lose weight, and it was quite shocking to realise that I've gained five kilos in the past two years! I've tried acupuncture to slim down, but it wasn't really effective. I don't really follow any diet, but I try to stop eating before I'm full. I can't run due to knee injuries, but I climb Bukit Timah Hill, swim and go to the gym. I believe extra effort is needed to burn fat. But so far none of my efforts have paid

off! I'm tired of listening to my daughter commenting about how I look. Although my husband tries to help by ordering a salad for me when we eat out, I think the Suddenly Slender programme will help me achieve a shapelier body faster, in a more holistic way; and this will help me regain my confidence and energy."

SUDDENLY SLENDER BODY WRAP SPECIALIST SAYS:

"We want to help Pansy stop her pre-menopausal weight gain and achieve a toned and sexier silhouette."



BRENDA CHUA, 30, is a senior manager working in the government sector, and mother of a three-year-old daughter

"I'm a happy person by nature but I suffered from low self-esteem due to my pregnancy weight gain. After giving birth to my daughter in 2008, I was diagnosed with lupus the following year, and was given strong medication, including steroids, to treat it. Due to poor kidney function, I had severe water retention, which caused my weight to shoot up by 20 kg. I was tempted to try slimming supplements but

HONG AI LIN, 32, is a principal of an education centre and mother of four children, aged two to seven years

"Ever since I first gave birth in 2004, my figure has changed. I had four pregnancies in five years, so I put on a lot of weight, especially in the lower half of my body. One of the reasons why I want to slim down is to be able to fit into skinny jeans.

I also want to feel more energetic when playing with my active kids. Right now, I get tired quickly due to my excess weight. I don't have time to exercise as I am busy chaperoning them to their activities. I eat moderately but my weakness are desserts! I've not tried any diet or slimming pills as I feel they don't work in the long run. Since friends have told me the programme works for them, I decided to try and see how much I can lose!"

SUDDENLY SLENDER BODY WRAP SPECIALIST SAYS:

"We want to help Ai Lin reduce water retention and cellulite from her lower body and replenish mineral loss due to childbirth."



was warned not to, due to my medication.

As I cannot try other slimming methods, it is quite frustrating to feel heavy, sluggish and low most of the time."

SUDDENLY SLENDER BODY WRAP SPECIALIST SAYS:

"For Brenda, our main goal is to help her body get rid of the residual toxins from the steroids, and lose weight without strenuous exercise or pills. The programme is to help her feel more energetic, control her weight gain and reduce the water retention in her body."

EXCLUSIVELY FOR THE WEEKLY READERS

Our customers are significantly increasing over the past few months, which means our body mineral wraps really work! You can now experience it yourself at a slender introductory price of \$38 for a body mineral wrap and tension relief FIR sauna. Aim to lose 6-20 inches on your first visit. To make an appointment, please call 6570 8111 or SMS SS<space>SWW, Name, NRIC to 79777. Applicable to first-time female customers above 21 years old and with BMI not lower than 18.5.

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