

Slender World[®] and a Healthier Lifestyle

Just yesterday, talking to a longtime friend of mine – Bob Hanna – he mentioned how innovative Slender World's philosophy was 30 years ago – way ahead of its time. And he remembered how Slender World trained all staff of local weight loss businesses so well that they opened up their own businesses. But a copy is never as good as the real thing! Especially when patents and a Biochemist are clear features of the success and stability of Slender World.

The great attributes of Slender World is "straight talk." How many times have you held back from saying something that was very important – just because you were worried about how you would express yourself? Authentic expression goes beyond just telling the truth – it is demonstrated by a total congruence between who you are and what you do and say.

Slender World is measured by its 30 years of results. Remember, clients perform to the standard set by the leader. Who needs Slender World? Any woman who has the desire to improve her looks, her health, her habits, her self-esteem and be energized.

- **A realistic tailored meal plan** (you choose the foods, we decide on the portion sizes).
- **Patented contour wrap** – reduce the expansion of "stuck" fat, to dislodge and re-circulate, then flush. That is what weight loss is all about anyway, but any fat on your outer layers is more solid, and therefore harder to dislodge.
- **Light treadmill, stationary bike or individualized stretching.**
- **Behavioral modification classes by Life Coach** (performed all day – your visit should be twice per week)
- **Unlimited counseling and visits if you so wish** – all included.

No flabby underarms, inner thighs, neck – surely a great worry of women in weight loss. Let's make the decision right now that you are not willing to settle for anything less than you can be. Most people have no idea of what they want, but even worse, some people know what they want but they don't do anything about it. "Oh – maybe on Monday" they say. Be proactive – be a role model for your kids or the adults in your life. Show the way – we are only a phone call away – 319.377.8577.

Recently, Slender World has acquired through the French Consulate in Chicago, the renowned slenderizing mineral water. That, along with a 2-day "Plateau Breaker" diet and the 3 quarts of French water, Donna lost 7 pounds in only 2 days!

The Slender World program is a self-empowerment program for women – it's a lifestyle, not just a fad! Slender World is extremely welcoming – not the huge gymnasium appearance or the back-door entrance – and we're not a salon! No – Slender World reflects the needs of today – busy, sophisticated transitional style. Light space

– clean – sophisticated; we know what you are looking for. We propagate a standard of excellence. Christine trains her staff to become more knowledgeable and capable of dealing with all types of clientele, due to the influx of special needs, be it sedentary lifestyle and the overwhelming epidemic of obesity, which invades muscles and organs.

No prepackaged foods (full of preservatives, fat, sugar and salt). This leads to cholesterol, diabetes, high blood pressure, and cannot replace real food.

Your body requires minerals and vitamins, protein, complex carbohydrates, and fats to maximize proper function of your entire being. It's not just about weight loss – mental stability, looking young and healthy, less depression – to fight disease, good immune system, all resulting in complete harmony. And think of the savings – the family can all eat the same food.

Just a few years ago, Slender World was chosen for the Midwest best all-around weight loss program and was interviewed by Edie Fawcett vis-à-vis Dr. Perricone and Jane Seymour (star of Dr. Quinn, Medicine Woman). "With better looks, your perception of yourself will change everything – I guarantee it!"

Read, pause, and then call Christine 319.377.8577.



Christine Sain-Heires
at the Lincoln Center in New York City