

Who needs Slender World? 5 Weeks 2 Pants Sizes Smaller'

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In its 29 years since inception and from the ongoing referrals, recently Dr. Kim (Pain Specialist at St. Luke's Hospital) recognized the need for a program like Slender World that provides a holistic approach to weight loss, a tailored meal plan with behavioral modification, and most obvious, fat reduction results.

It is for anyone with health issues. Recently two referrals with multiple sclerosis using walkers, who each had only 15 to 20 pounds to lose, achieved 100% of their goals with no exercise; the contour wrap did all the work.

Disproportions, self-esteem issues, to the fit woman at the prime of her life who wants to learn to stay that way. We need to redefine aging women! We have been identified with denture adhesive, life insurance and sing-along cruises, but this is anything but true!

Slender World, by being honest about health and figure issues, helps women make informed decisions about how much effort to put into their appearance or accept the cost of doing nothing about it. The truth is like power. Knowledge, like beauty is power.

Do not approach life as the "love me as I am" type. Like the woman who asked me why she is not meeting men while dressed in a way that advertised "bug off!"

Try to think of yourself as an incredible fine

machine that makes everything work for you. You had better take care of it.

We consider it admirable when someone strives to better themselves intellectually. We don't say "why do you bother reading a book - you are not that smart anyway!" Why should we treat physical appearance any differently?

Never before have we been so tyrannized into appearing physically young. We care more about giving the impression of youth than wealth. The media reminds us that aging is not at all advantageous.

There is no describing how good it feels to get rid of that one thing you really dislike about your body shape (excess pounds in the wrong places). Remember some fat can only be targeted with diet (visceral) not surgery. The combination of body wrap and meal plan will take care of any fat.

Remember today is a new day, yesterday is a cancelled check and tomorrow is a promissory note - so today, I will act. Let the past go. Painful experiences are not meant to linger, do not try to get rid of difficult feelings by eating them.

If you agree with this philosophy, we have several body treatments purely to rejuvenate the skin just as a facial would. Be more - don't settle.

Call us at 377-8577 for your personalized program and start 2011 in top form.
You are cordially invited to come in and visit the facilities. Thank you to all for your 29 years of support; it pleases me to think we improved lives.