

# From this diet, I thee wed!



Sally Stoyles lost four stone in weight in less than five months.

FROM size 22 to a 12: Sally Stoyles tells how she lost weight in time for her wedding thanks to Sure Slim.

"I wanted to lose 4st before my wedding. In March 2003 I was looking and trying on size 22 wedding dresses, and in September I ordered a size 12 with the aim of keeping me focused on losing weight."

"My friend recommended me to SureSlim, so I went along for my consultation and once I had received my blood test results I

started the diet straight away.

"The first week I lost 8lbs and the weight kept falling off. In less than five months I had lost 4st and 25 inches.

"The diet is like no other diet I have ever tried, because the weight loss happened so quickly, and I could see my dress sizes going down. I felt that the Quick Loss Diet was really working for me.

"A few of my friends are now on the Quick Loss Diet and they are having the same results. I am now

on the maintenance plan and the weight is staying off. The diet has really changed the way I think about food, and with the help and support from the SureSlim clinic, I know I will keep the weight off forever."

How It works: Using your blood test results and medical history SureSlim designs an eating plan to correct your glucose metabolism and balance your hormone levels so you can lose weight easily and healthily.

Your lifestyle, dietary restric-

tions, food preferences are also incorporated into your personalised eating plan.

SureSlim also provides one-to-one support until you reach your goal weight and will then introduce the Lifestyle programme that will ensure you maintain your weight for life.

Call now and book in for free information consultation and have the concept explained. Now is the time to take action. Call the Guildford branch on 01483 511311.

## Windows of opportunity

HAVE you ever thought you would like the efficiency of double glazing in your home but simply could not bare those thick white frames in your house?

Surrey is full of beautiful character houses and the Milford Window Company specialises in replacement double glazing which is sympathetic to your home.

A spokesperson said: "We are able to do this by offering a wide range of products enabling us to match your existing windows as near as possible.

"The replacement of windows in this pretty Bargate stone cottage shows that with a little bit of careful thought and planning what can be achieved with modern materials.

"We give the same amount of thought when designing your bespoke conservatory, taking care to design a structure which blends in and gives the impres-

sion of always being there.

"All of our work is covered by insurance backed guarantees and we are a registered member of FENSA and the UK Trades Confederation as well as being on the preferred list of Waverley Borough Council.

"We employ our own friendly efficient staff.

"The materials we use are of the highest quality.

"So why not give Georgina in the office a ring on 01483 426141 and see what the Milford Window Company can do for your home."

*The Milford Window Company specialises in double glazing that is sympathetic to your home.*



## Swish look for your home

THE range of products available in PVC and PVCu from the Fascia Place is really quite amazing.

Most people believe windows and doors are only available in white, but with modern manufacturing processes there are a multitude of colours that make preparation and repainting a thing of the past. The company can also supply fencing, cladding, verandas and balconies with laminate flooring.

Welcome to the neat, clean world of Swish PVC boards where dirt, grime and rot are banished.

Your home is under constant attack from the elements and there is nowhere more difficult to get at with a paint brush than the boarding around your roof.

Swish cellular PVC Roofline boards never need painting and never rot, maintaining their good looks for years.

The Fascia Place offers the latest in security combined with style. Sekura is a whole new generation of windows and doors.

The firm's head office is in Camberley at 26 Doman Road, York Town Industrial Estate (01276 65498).

The Guildford branch is at Unit D, Woodbridge Park Estate, Woodbridge Road, call 01483 301666.

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## GUARANTEED WEIGHT LOSS...

Maggie has lost more than 7 stone on the SureSlim program and is amazed by the number of compliments she receives on her new look.

"I would just not believe it but one weekend I think there were about 30 people who commented on my appearance, and it's all down to Sure Slim, I have no hesitation in recommending it to anyone".

Maggie's weight really used to make her utterly miserable. Her confidence was so low as she thought she would be fat and frumpy forever.

Once she had enrolled with SureSlim and had her blood test results, she started the programme straight away, and within a matter of weeks she was looking and feeling much better.

Maggie is now a size 12 and loving the choice of clothes - her wardrobe is full of the little black (and red, pink and blue) dresses.

Now Maggie is the one who is still dancing when everyone else wants to go home!

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Now is the time to TAKE ACTION!

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**WE HAVE MOVED. COME AND SEE US AT MILKHOUSE GATE, GUILDFORD**