

ASK A SPECIALIST

ST advertising feature

# Take the SureSlim way to shed pounds

MAGGIE has lost more than seven stone on the SureSlim programme and is amazed by the number of compliments she receives on her new look.

"I could 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!

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 restrictions, 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 program that will ensure you

maintain your weight for life.

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

Sure Slim has moved to 2 Milkgate house. To get there go up Guildford High Street, pass Tunsgate on the right and take the narrow walkway between Molton Brown and Bradford and Bingley. SureSlim is on the left, with the nearest parking at Castle car park.



Maggie has lost seven stone thanks to SureSlim. (c)

## 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.

## THE PERFECT FIGURE...

Sally Stoyles tells how she lost weight in time for her wedding thanks to Sure Slim:

"I wanted to lose 4st before my wedding. At that point I was looking and trying on size 22 wedding dresses, and six months later I ordered a size 12 with the aim of keeping me focussed 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.

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**www.sureslimuk.com**  
**01483 511311**  
No.2 Milkhouse Gate, High Street, Guildford, GU1 3EZ  
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## Stylish kitchens with Re-Nu

MOST fitted kitchens, even if looking tired, have a good basic construction. However, the doors, drawer fronts and sometimes the worktops can make a kitchen look old and outdated.

In 1986, Re-Nu pioneered the idea of renovating kitchens by making and fitting completely new doors, drawer fronts and worktops.

As the most experienced in this method in the industry, Re-Nu has enabled countless customers to enjoy a modern stylish kitchen without the expense and upheaval of having existing units ripped out and completely replaced.

It's as simple as this; Re-Nu surveys your existing kitchen and helps you select new doors, worktops and so on, from its extensive range. Re-Nu can also supply and install any new appliances you may want built in, supply and fit matching new units, or rearrange existing ones to improve the layout.

They give you a fixed price quotation with no hidden extras.

The installation is carried out by Re-Nu's own fitters, rather than sub-contractors, and you will be pleasantly surprised at how quickly the work is carried out - and how little mess and disruption it causes.

It's also very quick most refurbishments taking just a day or two to complete. The company is very experienced having made and fitted more than 20,000 made to measure doors and literally miles and miles of worktops.

Choosing Re-Nu makes a great deal of sense. You save money; it's quick, clean and efficient - and your refurbished kitchen looks like a new one.

For more information call freephone 0800 195 8641 or visit www.re-nukitchens.co.uk.

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