

Ask a Specialist Times



Maggie is now a size 12.

SureSlim

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.

She said: "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!

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 programme 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.

The Fascia Place

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, or more prone to damage from the elements, than the boarding around the edge of your roof.

Swish cellular PVC will solve this problem. Swish Roofline boards will never need painting and will not 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 Guildford branch is at Unit D, Woodbridge Park Estate, Woodbridge Road. Tel: 01483 301666.

Slimming World

WITH the smoking ban in enclosed public spaces now in force, smokers up and down England are thinking about quitting.

According to the Department of Health 700,000 smokers will quit as a result of the ban.

Smokers thinking about quitting may also be worrying about gaining weight. But weight gain needn't be an unwanted side effect as Slimming World's nutritionist Dr Jacquie Lavin explains.

She said: "For anyone concerned about weight gain, a good place to start is by finding a supportive network and a healthy eating plan which you can follow while quitting."

"The motivational techniques that Slimming World members learn to lose weight can be as effective when applied to smoking.

Strategies like setting a target,

writing a 'for and against' list or keeping a diary are extremely powerful.

"Joining a slimming group can help you be aware of the factors that may lead to weight gain and to consider how you can counter them by starting new healthy eating and lifestyle habits at the same time as quitting."

Sharon Young from Guildford is one person who has done just that. She said: "I felt miserable about my weight last new year so my sister invited me to join her local Slimming World group.

"I was nervous about going through the door but the friendly atmosphere encouraged me back week after week.

"I couldn't believe how easily I adapted to the eating plan.

"Soon I was picking up regular awards for my efforts. I was well in control of my weight when the National No Smoking Day came in March.

"It would be wrong to say it was easy, I did wonder off the track occasionally but others members encouraged me back to the group.

"My consultant showed how Slimming World is prepared to



Above right: Sharon Young before she joined Slimming World. Above, Sharon in the centre with other slimmers and former smokers.

help quitting smokers avoid gaining weight."

Smokers who join when stopping learn they needn't feel guilty about their new found appetite, because you can snack on lots of food freely without that guilty feeling. There is a warm and friendly group near you just waiting to meet you, either refer to advert on this page, log on to www.slimming-world.co.uk or call 08700 754666.

Back to school with Shoerite

AT this time of year most parents with school-age children have to face the challenge of finding school shoes which both they and their children like and more importantly, fit!

Shoerite, that has stores in both Godalming and Fairlands, hopes to help make this task easier. Firstly, at Fairlands you can park virtually outside while parking in Godalming is certainly easier than having to find

a space somewhere in Guildford.

Shoerite offers a measuring service which includes matching the child's width of foot to the stock available.

Most infant shoes (up to size 2) are priced at around £18 and the majority of junior sizes (sizes 2-6) are priced at around £22. These prices include trainers as well as established leather school styles.

Shoerite also holds large stocks of rucksacks and courier bags suitable for school, priced from £8, as well as waterproof jackets, starting at £15.

With autumn fast approaching, stocks of women's fashion boots and increased lines in men's and women's safety boots and shoes start to arrive, immediately after the back to school period.

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Sandra 01483 416695

WEDNESDAY
Stoughton - 10:00am
Emmanuel Church
Shepherds Lane
Tracey 01483 760118

Slimming WORLD
discover the amazing you

Change your weight Change your health Change your LIFE!

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



It was time to face the truth. I wasn't a size 14, I was a size 18!

Kelly lost 5 stone and 21 inches of fat after being horrified by her holiday photos!

"The blood tests showed I had high cholesterol and high sugar levels, but I didn't have to worry as SureSlim showed me how the diet would sort these out. It was only 2 weeks before people started to notice a difference in my body shape and in me".



I tried on a size 22 dress but ordered a size 12 - thinking it would help keep me focused!



Sally lost 4 stone and 25 inches of fat in time for her wedding day!

"The diet is like no other diet I had ever tried, because the weight loss happened so quickly, and I could see the dress sizes going down. I felt that the Wellness Diet was really working for me. I am now on the maintenance plan and the weight is easily staying off".

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01483 511311
No. 2 Milkhouse Gate, High Street, Guildford, GU1 3EZ
email: guildford@sureslimuk.com