

How to drop a dress size in a month...safely with the SureSlim Wellness Clinic

Submitted by: Focus PR

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The beach body countdown has begun and if you're anything like most women, the thought of bearing all on a beach after months of hibernating in your favourite winter knits probably fills you with dread!

Especially if all the credit crunch-busting home cooked meals in boyfriend sized portions and nights in with the girls accompanied by a cheeky bottle of your favourite wine (or two!) has seen you conveniently forget all the 'drop a dress size' resolutions you made as the year rolled in.

That's why the SureSlim Wellness Clinic offers an easy-to-follow and, more importantly, safe eating plan that promises you drop a dress size in just 30 days. SureSlim also offer continuous professional support to help you keep the weight off for good.

With so many 'get fit quick' pills potions and fad diets available, it can often be tempting to take what appears to be the easy option only to see the weight pile back on and all your good intentions fade as quick as your post-holiday tan.

Once you sign up to the SureSlim Eating Plan, you'll be just 30-days away from a smaller dress size and feeling slimmer, healthier and happier.

Step 1 – Quick blood test

The SureSlim weight loss plans work on the basis that only your body knows the best way for you to get fit. Your GP may elect to take your bloods for you or, alternatively, your clinic can arrange for your bloods to be taken locally. Packs contain everything needed by the nurse right down to the sticking plaster, and the pre-paid packaging makes it so easy to simply pop the blood samples in the post to the laboratory.

Step 2 – Comprehensive analysis

Your bloods will be tested by medical professionals who will analyse the following elements:

- Full blood count
- Liver and kidney function
- Lipids
- Glucose
- Thyroid function

The test also screens for any abnormalities and the results can be sent direct to your own GP if requested as well as to your local SureSlim Wellness Clinic so they can create your personalised meal plan.

Step 3 – Get started!

The SureSlim Wellness Clinic will create a completely personalised eating plan for you taking in to account your blood results, food preferences, lifestyle and desired weight goals into account. You will have weekly consultations with a SureSlim consultant for the first month to provide you with the support and motivation you need, which will move to every 10-14 days for the remaining 4 months thereafter. Your consultant will also provide you with information on 'breaking the rules' which contains guidelines so you can socialise with your friends without worrying about putting on weight, as well as any amendments to your plan as required.

Why is the blood test necessary?

Overeating is not the only reason for excessive weight gain. The blood test not only tests for any abnormalities in the blood, but also tests the following elements to identify how your body reacts to the breakdown/storing of food. This is so that your personalised SureSlim food plan really is the best plan for you.

Sounds too good to be true?

Then ask one of the thousands of men and women who have taken their weight and wellness in to their own hands and now feel great thanks to SureSlim.

Ends.

Notes to editors:

1. Case studies available on request
2. SureSlim Wellness Clinic can also create plans to support weight gain as well as weight management in children and pregnant women
3. SureSlim Wellness Clinic creates plans to assist the management of health issues such as Type 2 diabetes, high cholesterol and blood pressure

For more information, case studies or healthy recipe ideas or if you are interested in a SureSlim trial, please contact Caroline Reincke, Irene Okoro or Sarah Egerton at Focus PR
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