

Slender Fit U Makes Dieting Easy

BY DEBBY TEICH



IT'S THEIR BUSINESS

Slender Fit U is helping clients turn their bodies into fat burning machines. They are losing 1/2 to 2 pounds of fat per day without exercise, diet pills or packaged foods, and they are keeping it off. The medically supervised program helps dieters modify their relationship with food and eating, resulting in an easily maintained, long-term weight loss. It is the last diet they will ever need to do.

Geri Kelleher, Owner and Program Director, answered some commonly asked questions about the program.



Geri Kelleher, Owner and Program Director

Why do people call you the "HCG Guru"? Nine years ago, I lost 25 lbs. on the diet and it changed my life. For the past eight years, I have helped thousands of people achieve their weight loss goals with this program. The best part of my job is seeing people change before my eyes and watching them get their confidence back.

How does Slender Fit U differ from similar programs? My clients tell me that the difference is the way we treat people. We stay involved with all of our clients; they are not just a number. If they miss an appointment, we call them. We make sure that every client gets the proper guidance and support throughout the program and achieves their weight loss goals. Also, we don't water down the HCG. We give it in the strongest dosage for weight loss. We also give injectable prescription B12.

How much can clients expect to lose? Clients can choose a 23-day program or a 46-day program. Women typically lose 15 lbs. in the 23-day program and up to 30 lbs. in the 46-day program. Men typically lose more - 20 to 25 lbs. in 23 days and 40 to 50 lbs. in 46 days.



Jessica lost 38 lbs. in 6 weeks.

What is HCG? HCG (Human Chronic Gonadotropin) is a complex amino-peptide protein that exists in men and women. During pregnancy, it is produced in very high levels and almost completely controls the metabolic function. In non-pregnant individuals, research suggests HCG similarly increases the metabolism.

Does the HCG have side effects? There are no side effects reported while using HCG for weight loss. The amount of HCG used in the diet protocol is a very tiny dose. Because it is a natural substance, this program is completely safe.

What makes the diet so effective? Unlike other "diets," this program reshapes and resculpts the body by releasing abnormal fat deposits. Every pound you lose is a pound of FAT, which is very different from losing a pound of weight. You are not losing muscle mass, or water. You also lose multiple inches and dress sizes and your shape changes.

Do clients keep the weight off? Ninety percent of Slender Fit U clients keep the weight off. After completing the program successfully, they support and rebalance their metabolisms. In addition to losing unwanted abnormal fat, they modify their relationship with food and eating, resulting in easily maintained, long-term weight loss.

Are clients medically supervised? Yes. Every patient has a comprehensive physical with the medical doctor before starting the program, as well as one-on-one counseling throughout the program. This is included in the price.

Does the diet involve exercise? Exercise is not required and does not improve your end result. It is a scientific program and it is the combination of the HCG and the low calorie diet that produces the weight/fat loss. However, exercise is allowed.

Is the diet easy? To quote one of my clients, "Besides being the most effective diet I have ever gone on, this was the easiest diet I have ever been on. Almost every morning when I got on the scale, my weight would be down. No long workouts, no agonizing hunger pains. That's how great this diet is."

What foods are on the diet? There are no packaged meals. You are eating real food from the grocery store that includes protein, fruit and vegetables. This makes it an easy transition onto stabilization, as well as regular eating and regular life.

Are patients hungry on the diet? Eighty percent of people experience no hunger on the Slender Fit U program. They even find very tiny servings to be completely satisfying. HCG dieters usually feel as though they are stuffing themselves in order to reach that 800 calorie limit!

Can you purchase HCG over the counter? No. Real HCG cannot be purchased over the counter. The HCG comes in both an injectable and an oral form from the pharmacy.

Michael Guiliano recently lost 59 pounds on the diet. He was anxious to share his story to motivate others to do the same.

Why did you go on the diet? I was always very thin. In the past few years, however, I gained some weight and my cholesterol and blood pressure became elevated. I was feeling very uncomfortable with myself and wanted to get back to my normal weight.

Was the diet difficult? The first week was challenging, but after that it was easy.

How are you feeling now? I am off my cholesterol and blood pressure medications. I visit the gym four to five times a week and watch what I eat. I feel the best I have ever felt!

Would you recommend the diet? I already recommended the diet to several people, who have also been successful on the program.



Michael Guiliano lost 59 pounds on the Slender Fit U diet.

Consultations are free and by appointment. For information and to see more before and after photos, visit www.SlenderFitU.com or call 954-423-1376.



Michael lost 59 lbs. in 9 weeks.