

NINE TO FIVE & MIDWEEK

12TH JULY 2004

ADVERTORIAL FEATURE

Toxins are the evil scourge of our lives. They are in the food that we eat and in the air that we breathe. We have become a nation that is overfed, and under-nourished, yet prone to increasing health problems...

RejuvaSlim is the ultimate health and weight loss programme, designed to rid you of these modern day poisons, by detoxifying and rebalancing your system. After just one month on the programme, you will have increased energy to live life to the full and the excess pounds will have dropped off



HEALTHY weight loss

RejuvaSlim, the ultimate weight loss programme that combines healthy eating with treatments to kick start your lymphatic drainage system

more quickly and easily than you could ever have imagined. The average weight loss is between 10 and 33lbs over four weeks, with no calorie counting or strict exercise regime involved.

And, once your body is functioning healthily, conditions such as IBS, fatty liver, migraine, skin disorders, blood pressure and asthma will dramatically improve or completely disappear.

For a month, each client receives three 40-minute treatments a week on the RejuvaSlim machine, which has five programmes. These include a stretching session for the vascular body, a comforting lymphatic massage and toning, to help drain the toxins. The sessions are designed to be relaxing and enjoyable.

Firstly the RejuvaSlim scanner (which works thermographically) detects the area of calcified toxins which show up as a black mass. As treatments successfully progress this turns blue, to show a healthy, unimpaired digestive system.

Toxication occurs when chemical toxins stagnate blood and lymph preventing heat travelling through the body. When an area cools it leads to calcification and plaque develops on the intestinal walls to protect the body.

This coating shrinks the intestinal area, slows peristalsis action and restricts the system in eliminating toxic waste.

The machine helps and assists the body by removing the huge amounts of toxic chemicals that we absorb through modern living.

Using micro currents and faradic currents that pass through muscle, lymph and tissues, it works at an inter-cellular level and goes through four totally different processes at ten minute intervals.

Mapping - using a soft pulse to map exactly where the toxic fat is located in the body

Tapping - a stronger pulse is used to chip away the plaque and remove the calcified toxins

Lymphatic Drainage - the waste is pushed to the lymph, where it can be eliminated out of the body through urine and bowel movements

Toning - this works on the tissues and nears the surface to tone the flesh so that it does not hang like a deflated balloon after the fat is removed

There is no violent contracting of muscles, and because it tones as it works, there is no sagging flesh at the end of the programme, as the body returns to its more youthful contours.

Originator of the RejuvaSlim programme, Vivienne Talsmat, believes it is essential to detoxify in today's over-polluted, chemical ridden world, as the body cannot function properly without optimum nutrition, making it difficult to lose weight.

The RejuvaSlim eating plan, which increases calorie intake, changes eating habits away from junk food, towards fresh vegetables, fruit, fish and meat. However there are few restrictions on when and how much of this food is consumed. During the first month clients try an interchangeable diet, with weight carefully monitored, to see which foods have an adverse effect. The thermographic graph indicates whether the condition of the stomach is improving.

Vivienne maintains that, where

possible, we should eat organically, as most of our foods today lack nutrition because they are contaminated with pesticides, hormones, antibiotics and steroids, that enter our bodies, where they stay, building up over time, causing havoc to our systems. Eventually this excessive toxic residual cannot be removed without help.

A toxic body leads to a toxic mind. It's a vicious circle. Poor eating habits lead to personality disorders and stress which we alleviate by becoming workaholics, alcoholics and chocoholics! We subsist on high fat, sugary snacks for instant fuel, miss meals and then over eat in the evenings, over loading our digestive systems at night which leave us exhausted again in the morning, to repeat the same routine.

Once we have a healthy, detoxed system our body can begin, once again, to absorb the real nourishment from fresh food, which allows the body fat to drop off and the body to heal itself.

"We have over seven hundred testimonials to prove that RejuvaSlim works" says Vivienne. You have nothing to lose but your weight!

■ For details of your nearest salon please call RejuvaSlim International Ltd on 020 8662 0700

PAMELA LANGFORD

Within two months of being on the RejuvaSlim programme Pamela lost 3 stone in weight, despite being on Hormone Replacement therapy. This did not involve exercise or cutting calories. In fact she was on 4,000 calories a day.

With RejuvaSlim you only lose fat so Pamela went from being a soft, fat woman to a slimmer toned version, resembling a fitness trainer. And, after she came off the programme she continued to lose weight as her system was healthy and functioning properly.



PETER TURNER

Peter Turner was told by his doctor he had to lose weight. With blood pressure 190/120, weighing 17 stone and suffering with eczema, Peter needed to lose two stone. After just ten days on the RejuvaSlim programme Peter's blood pressure was back to normal and in one month he had lost two stone.

Two and half years later Peter's blood pressure and weight have remained the same and he no longer suffers with eczema. "The doctor is pleased and my confidence has grown enormously. I feel like a new person," says Peter.

