

Shake Off The Weight

With The Fibre35 Diet

Finally, lose the weight and improve your health at the same time – without feeling hungry!

Join us on Thursday January 28th at 7:30pm as Caroline Farquhar shows you how to lose weight naturally, without hunger using The Fibre35 Diet. By unlocking the power of fibre, you can achieve the weight you want and keep it off for life.



**Lost 27lbs
and still going**



165 lbs.

FREE

**Fibre 35 Diet Book
for all those who attend.
Sign up today!**

We invite you to join us...

FREE SEMINAR

January 28, 2010 at 7:30pm

HEALTHY BY CHOICE

15 JOHN STREET WEST
BRADFORD (905) 775-3094

**Call now to reserve your seat as
space is limited!**

***I lost 27 lbs. with
the Fibre35 Diet!***

"I went from a size 12 to a size 4-6, and I feel better than I have in years. As it turns out, all those good things they say about fibre improving overall health are true. Following a high fibre diet lowered my cholesterol, and eating several small, high fibre meals throughout the day keeps my blood sugar on an even keel, so my energy level is steady all day long." B.C.