



Rania's 'Quickslim' Journey ...

I have had a very long struggle with my weight, trying a lot of diets, acupuncture as well as local treatments. Not wishing to upset the chemistry of my body, I never used weight reducing drugs and I still believe it is safer that way. I never expected that there would be another way, apart from surgery. So, I decided to forget about losing weight and just lead a healthy life style.

By chance I heard about **Quickslim** and I thought "why not?", it can't harm me as it involves exercise. I was skeptical when I joined the program, a promise for a better figure without giving up the things I love to eat, especially as an emotional eater, sounded a bit too good to be true! However, the results exceeded all of my expectations as I dropped 3 and half sizes in 4 months. I could not believe the marked reduction in my body measurements as well as the scale readings compared to my starting point.

The most amazing thing about it is that I really could eat all the good food that I like, in moderation of course, lose weight, feel energetic and still have a healthy look on my face. Diets in the past have given me a pale sick look and a lack of energy.

This remarkable change was not only in my figure but it has also reflected on every aspect of my life. I feel lighter, healthier, much younger and full of energy. I now wear colors and styles that I've never dared to wear before and I have become more self confident with my looks and attitude. For me, time has proven the efficiency of the **Quickslim** program and I'm really happy with what I've achieved through it.

Rania Ahmed , 37 years