

# Slender Fit U Will Help You Lose Weight and Get Healthier

BY DEBBY TEICH

The holidays are a time for celebration and family. For most people, this can mean indulging in high calorie foods at festive meals and parties. If your clothes are feeling a little tighter after the holidays, or if you feel like 2017 is the perfect time to get healthier, Slender Fit U is the answer! Slender Fit U is helping their clients to lose the weight, get healthier and even reduce or eliminate medications with a very simple to follow medically supervised weight loss program.



Geri Kelleher, Owner and Program Director

Clients typically lose ½ to 1 pounds of actual body fat per day without exercise, diet pills or packaged foods. The

Slender Fit U program also helps clients to modify their relationship with food and eating habits, resulting in an easily maintained, long-term weight loss.

Owner and Program Director Geri Kelleher, often referred to as the “HCG Guru,” truly understands the benefits of the program and works closely with her clients to help them receive maximize results. Ten years ago she lost 25 lbs. on this program and it changed her life forever. Soon after, she started helping others achieve their own weight loss goals and opened her Davie clinic in 2010.

Geri answered some commonly asked questions about the Slender Fit U program.

**What do you love most about your job?** The best part of my job is seeing people change before my eyes and watching them get their confidence back. I have helped thousands of people achieve their weight loss goals with this easy program.

**How does Slender Fit U differ from similar programs?** My clients tell me the difference is the way we treat people. We stay involved with all of our clients; they are not just a number. We make sure that every client gets the proper guid-

ance 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 available for weight loss. We also give injectable prescription B12.

**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.”

**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.

**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.



Dennis lost 40 pounds in six weeks.

Rosa lost 45 pounds in nine weeks.

**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.

**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.

**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 foods are on the diet?** There are no packaged meals. You are eating real food from the grocery store that includes proteins, fruit and vegetables. This makes for an easy transition onto stabilization and then back to regular life.

**Are clients hungry on the diet?** Most people experience no hunger on the Slender Fit U program. They are getting anywhere from 1,500 to 3,000 calories from their stored fat, depending on how much fat they have. They even find very tiny servings to be completely satisfying. Slender Fit U clients 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. It is a prescription medication. The HCG is available in both an injectable and an oral form.

**Consultations are free and by appointment. For information and to see more before and after photos, visit [www.SlenderFitU.com](http://www.SlenderFitU.com) or call 954-423-1376.**



**Rosa Roman is one of Slender Fit U's many success stories.** After feeling unhealthy, unhappy and sluggish most of the time, with no energy at all, she decided it was time for a change. She lost 45 pounds, reducing her weight from 189 lbs. to 144 lbs.

“I am approaching 55 years young and wearing a size 4 for the first time in years,” said Rosa. “I'm in the best shape of my life and I truly believe it's a result of this diet. It feels amaz-

ing when I look in the mirror and see the amazing transformation. I feel energized, vibrant and young again.”

Although Rosa has tried many other weight loss programs, she says this one clearly worked the best. “This one really works, plain and simple,” said Rosa. “It's a statement I'm truly proud of telling everyone. Watching the scale drop week after week, and getting stronger every day, gave me the will power to commit totally.”

She says the staff was very helpful and encouraging. “They were supportive every step of the way,” said Rosa. “Every time I visited the office they were more than happy to answer any questions I had and made me feel as if I were part of the team.”

After seeing Rosa's results, her fiancé also did the program and lost 22 pounds. Rosa has also recommended the program to many family members and friends.