



The Complete Do-It-Yourself Package includes:

- ✓ 4 hour DVD, featuring the author and creator of the Consulting Program as your personal guides and In-Home Consultants. The DVD includes:
 1. Four Myths of Dieting
 2. Getting Started
 3. How to Measure
 4. Yo-Yo Dieting
 5. What Affects Metabolism
 6. Analyzing Your Food Diary
 7. Food Choices
 8. Personal Metabolic Chart
 9. Metabolic Chart & Exercise
 10. Maintenance & Plateaus
 11. Supplements
 12. Health Beyond Weight Loss
 13. 60 MINUTE BONUS SECTION: "Shopping with Patti & Lee"
- ✓ 4 Disc Audio CD book
- ✓ Third Edition of the Keep Canada Slim Book
- ✓ Keep Canada Slim Food Guide
- ✓ Workbook and Program Guide
- ✓ Three months website tracking
- ✓ Keep Canada Slim Cookbook



Visit our website and sign up for the FREE newsletter

www.keepcanadaslim.com



The Program with a Difference

- ✓ No weigh scale
- ✓ No Yo-Yo dieting
- ✓ The most complete materials ever
- ✓ Personalized calorie range
- ✓ Personal Metabolic Chart
- ✓ Website Tracking
- ✓ 1 hour DVD shopping show
- ✓ Perfect for the whole family – prevent weight gain before it happens!

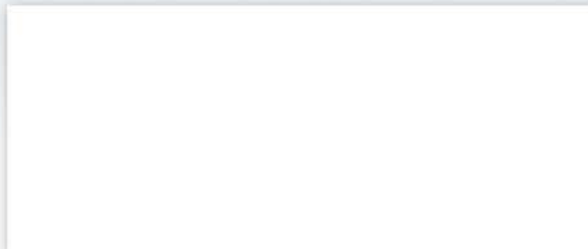
Do It Right! Do It Yourself!
Do It Now!

Complete System
Only **\$129.95**

(Consultation and optional nutrition product packages are available at an additional cost)

Personal support for the program is offered by certified independent consultants

Call your certified Keep Canada Slim consultant:



Buy Now or Order Online at
www.keepcanadaslim.com

KeepCanada
Slim

Look Great Feel Great

Conquer your Weight
Challenges Forever



The First Complete
Do-It-Yourself
Weight Control Program

A simple, easy way to:

- Have more energy
- Sleep better
- Feel your best
- Have better sex
- Improve your skin
- Lower your risk of disease
- Lose weight & keep it off this time - Guaranteed

It's Like Having a Personal Consultant in your home 24/7!

Keep Canada Slim is your answer to endless rounds of Yo-Yo dieting. This comprehensive step-by-step program teaches you how to shop, cook and eat for permanent weight control, while at the same time improving your health.

Keep Canada Slim will show you why diets fail to provide lasting results and how to create a "food-style" that is unique to you, one that you can enjoy, using your choice of foods. Stop cooking a meal for yourself and a different meal for your family. Stop skipping meals! You choose the food and we show you how to make it work.

Ten years in the making, this doctor approved complete program was previously only offered in medical and wellness centres across Canada.

Now available for the first time to the general public, this complete Do-It-Yourself system has been designed so you can learn at your own pace.

Keep Canada Slim is the only weight loss program that I have seen on the market that does not eliminate essential nutrients. With KCS I have a program that I can hand over to my clients to help them start the healthy lifestyle I promote and feel confident that they will succeed.

*Melanie Bonin
Athletic Therapist, Strength &
Conditioning Specialist
Head Therapist, Manitoba Soccer
Spectrum Health Centre
Winnipeg, MB*

Doctors & Experts Agree

It's really quite remarkable. I have seen amazing results in my office. In most cases people had given up hope of ever gaining control of their weight, but the KCS program works for everyone. I encourage everyone who has been a victim of the yo-yo diet industry to try the Keep Canada Slim program.

*Dr. Albert Scales
Lakeshore Chiropractic Health Centre,
St. Catharines, ON*

The KCS program is a well-researched, no nonsense, and systematic approach to weight management. The medical and health community is seeking a program with safe and sound nutritional science. The KCS program provides this stability to our patients.

*Dr. Gene Lin
Advanced Therapies Clinic
St. Joseph's Hospital Lifecare Centre, Brantford, ON*

Keep Canada Slim makes so much sense and is easy to understand. It is not a diet; it's a simple lifestyle program based on 25 years of research that people can adapt to one step at a time. I am really excited to be a part of it.

*Karen Fryday-Fields
President,
Meridian Health Group,
London, ON*



Real Clients lose like this – You will too:

This has become my way of life. Why? Because KCS is the only Program I have tried that honestly works.

*Marilyn
Brantford, ON*

I am a 52-year-old nurse and I've gone from fat to obese to morbidly obese. I have borderline diagnoses of high BP, cholesterol, triglycerides, and diabetes. I have been on the Keep Canada Slim program for 3 weeks today, and have lost 24-1/2 in. and 15 lbs. You are saving my life, and I wanted to thank you.

*Brenda
Hamilton, ON*

I didn't need to lose a tremendous amount of inches or weight, but I did notice that since I turned 40, I certainly couldn't eat anything I wanted anymore! Keep Canada Slim has been the answer for me. I started at 29% body fat and after 4 weeks on the program went to just 24%. I lost a total of 17 inches. Wow!

*Jill
Hamilton, ON*

Sue: 17 1/4 inches 3% Body fat over 8 weeks	Lynda: 20 1/2 inches over 4 weeks	David: 7 1/4 inches 5% body fat over 5 weeks	Cindy: 24 inches 6% body fat over 4 weeks
Mel: 10 1/4 inches 3% body fat over 4 weeks	Pam: 14 1/2 inches 6% body fat over 6 weeks	Deb: 16 1/2 inches 4% body fat over 6 weeks	Al: 9 3/4 inches 7% body fat over 4 weeks
Trish: 17 1/2 inches over 4 weeks	Pat: 25 1/2 inches 5% body fat over 6 weeks	Pam: 19 1/2 inches over 3 weeks	