

Tina O'Doherty's story

Tina suffers from Polycystic Ovarian Syndrome and one of its symptoms is rapid weight gain. She began to put on weight in her late teens, and by the time she was twenty four her size matched her age and she tipped the scales at over 18 stone. She wasn't happy with her size, and tried diet after diet without success.

Then an Inch Loss Clinic opened near her home town in county Cork, and Tina thought she might as well give it a try, even though she was secretly prepared for it being just another remedy to add to the list she'd tried and that had subsequently failed.

"But what I wasn't prepared for was the results achieved after completing the first course of twelve treatments. I had lost nine inches, my complexion improved, I had more energy and I felt much better about myself. This gave me the motivation to keep going. I continued with the treatments and found that by making small lifestyle changes the results improved.

Twelve years on I'm a happier more confident size 12 and proud of the fact that I not only lost over eight stone but have kept it off for so long".

**Book now for your Free No Obligation Consultation
Exclusively at:-**

Tina O'Doherty's
inch loss clinic

510 Crow Road, Jordanhill 0141 435 4888

5 Church Hill Place, Morningside 0131 446 0340

3 Vicar Street, Falkirk 01324 670225

3 Kemp Street, Hamilton 01698 421000

21A City Quay, Dundee 01382 201703

www.inchlossclinic.com

Tina O'Doherty's

WEIGHT LOSS PROGRAMME



**The Future of
Weight Management**

Weight Management

Managing your weight calls for more than just choosing a healthy variety of foods like vegetables, fruits, grains, beans, and low-fat meat, poultry, and dairy products. It also calls for looking at how much and how often you eat.

Researchers have found that portion control may be the single most effective thing you can do to promote long lasting weight loss. It also shows that for long term weight management regular exercise combined with healthy eating will give the best results.

The problem that many find today is that they do not have the time and/or motivation to source and prepare three calorie controlled healthy meals per day. As a result many of us are a little (if not a big bit) out of shape and feel we need to do something about our lifestyle and eating habits. It is common knowledge that too much weight can put you at risk of:

- arthritis
- osteoporosis
- type 2 diabetes
- hypertension
- heart disease
- some types of cancers

Up until now the key to Tina O'Doherty's success is the use of the latest technology to make regular exercise as convenient as possible. Now with the introduction of Tina O'Doherty's Portion Controlled Food Hampers we are committed to making long term healthy eating just as convenient.

Tina O'Doherty's Portion Controlled Food Hampers have been developed in conjunction with a top Nutritionist to ensure you get the daily recommended nutrients necessary for healthy and sustained weight loss including your 5 portions of fruit and vegetables per day. An example is given below:

Day	Breakfast	Snack	Lunch	Snack	Supper
	Fruit & Seeds Muesli with milk. _ bottle Pear, apple & ginger juice	Oat and fruit Biscuits 1 cup of Organic Relax Tea	Wild Mushroom Soup oatcakes 1 Orange _ bottle Pear, apple & ginger juice	1 packet Apple Crisps flavoured with Blackcurrant 1 cup of Organic Relax Tea	Beef in Thyme Gravy served with a portion of boiled potatoes and steamed green beans

The hampers contain a wide variety of wholesome food and snacks such as Black and Blue Berry Smoothies, Peach and Orange Super Juice, Organic Fruit Muesli, Wild Berry snack bars, Tomato Soup with Cheviot Cheese Pesto, Fruity Apple crisps, Tomato, Ginger and Chilli sauce and Cumbrian Lamb Hotpot. The hampers do not contain meal replacement products such as powdered shakes and powdered soups.

IMPORTANT: People with special dietary requirements should always consult their GP or specialist before changing their diet.

Tina O'Doherty's Weight Loss Programme

Tina O'Doherty's Weight Management Programme combines her Portion Controlled Food Hampers with her famous Body Sculpting Programme that uses the latest technology to break down the fat cells and exercise and firm up your muscles.

Tina O'Doherty's Body Sculpting Programme uses her Lipo Sculpting which works by using cold laser technology. When the laser paddles are placed on the skin, the cold laser beams penetrate the skin just deep enough to reach the layers of fat.

When the light hits the fat cells a rapid chain of events take place. Firstly pores form on the cells; this causes the water, Glycerol and fatty acids contained within the cells to spill out.

This is then removed from your body through the lymphatic system and processed in the same way as fatty foods are digested.

The remaining fat cells are significantly reduced in size. This process does not affect any other part of your body such as skin, blood vessels or nerves.

The Lipo Sculpting Treatment is followed by an Electrolite Treatment that exercises all your major muscle groups while you relax in one of our exclusive, private treatment rooms – either watching TV or reading a magazine.

At the average intensity setting, the exercise value derived from a single treatment will be equivalent to: 1,000 push-ups; 1,000 full-squat jumps, 1,000 sit-ups; 1,000 scissor-leg lifts – all without any fatigue whatsoever.

The full course is designed to be completed over a 4 week period. On completion of the four week course you should have lost between 8 – 12lbs and 8 – 12". These are average figures and results may vary depending on individual factors including medical history, compliance with pre/post treatment instructions and your individual response to treatment.



Picture showing approximately one week's supply from our Portion Controlled Food Hamper.