

SLM Smart and e9 Testimonial

I was in a pretty low state 4 months ago. I had reached rock bottom with my attitude towards myself being very negative and critical. I was approaching middle age and was beginning to think that all the good times were now over! Then I took a chance and reached out to SLMsmart! Needless to say over the years I have attempted all the popular ways to lose weight, enjoying the instant highs of success however, inevitably followed by the lows of eventual failure and extra weight gain due to what I thought was my lack of willpower! Just another reason to beat myself up for being weak and not in control!

My initial introduction to SLMsmart was met with a sceptical attitude from myself and my family as I had previously tried other meal replacement (weightloss) products which were not appetising to me. The first few days on the health shakes were more about experimenting with possible flavours and getting into a routine! Within a week I had noticed a change in my attitude and mood. I was more positive, I had increased energy levels and people were already commenting on how good I looked. I loved it and this was even before I had re-weighed myself!

The complement to the SLMsmart healthshake in this plan is the E9 energy drink element. These little sachets of “pick me up” are wonderful and have become my best friends! I can take them with me wherever I go and drink them whenever I want – this is when I anticipate I may need some extra support throughout my day! They are my secret weapon and I love them!

As the weeks went by and my routine was set, I really enjoyed having my shake for both breakfast and lunch and getting excited about what I would enjoy for my dinner that evening! It worked for me and I did not feel deprived or hungry in any way! I could take the shakes with me, if on the run, whereas in the past I would have skipped a meal! My body was soaking up the nutritional benefit and every time I had one I knew I was giving my body a treat! I think this is what is sustainable about this meal plan your body adores it and the ingredients actually fulfil the body’s needs, so therefore you do not feel deprived!

In fact, the icing on this particular cake was that I was also losing weight as well as feeling great. Another feel good boost to a once depressed individual! I even continued with SLMsmart and E9 through the Christmas holidays as this gave me a sense of control amongst the Christmas goodies. I did not find this difficult at all. I embraced it and had the best Christmas holidays ever!

I completed my 90 day challenge last month and I am thrilled with the results! I feel great and am looking forward to a future filled with excitement and optimism! I have decided to carry on with SLMsmart and E9 to enable me to lose a few more pounds before the summer arrives! Don't wish me luck I don't need it I know it will happen!

Thank you to Synergy, SLMsmart, E9 and my wonderful sponsor Liz James xx watch this space!

Tracey Withers, Somerset UK