

# Better than LIPOSUCTION

Former Home & Away and E-Street Star, Alyssa-Jane Cook, tried almost everything to get rid of her excess weight following the birth of her third child at age 40

**E**xhausted after giving birth to my third child, I planted a big kiss on my husband's cheek. 'Thanks for your support' I beamed. 'Now we can get on with the real work of raising our beautiful son.'

I was thrilled. I already had two amazing children, 10 years and 13 years. And although I knew there was a lot of hard work involved, I also knew the rewards were more than worth the effort.

I've been an actress all my life, starring in Home and Away and E-Street in my earlier years, and maintaining my body weight had never been a problem. 'How do you do it?' my friends always asked. But there really was no secret other than my fast metabolism.

But after turning 40, that all changed very quickly. Within a short period of time, I stacked on 11 kilos and was embarrassed to have my photo taken.

That was when I heard about

## Supermarkets have become my new weight loss weapons

liposuction and discovered that according to the Society for Aesthetic Plastic Surgery, liposuction was the most common plastic surgery procedure performed in 2006 totalling 403,684.

'I don't think it's a good idea,' my husband said after I expressed my excitement. 'Let me do some research.'

After jumping online and looking into everything, it turned out he was right.

'The risks include permanent scars, swelling infection, burns, organ damage and

fluid imbalance' he told me. It simply wasn't worth the risk.

A few weeks later, I was racked with depression, when a friend of mine informed me about a new technique called Bodytrim which she referred to as Mother Nature's liposuction.

The next day I checked out their web site. I shook my head with disbelief as I watched the A Current Affair review on their web site. How could they be convinced enough to call it "Australia's Greatest Weight Loss Plan" I whispered to myself.

Despite my scepticism I kept reading and discovered the program was created by a medical doctor, nutritionist and a personal trainer.

I couldn't believe what I heard next. 'You can lose as much weight as you desire while eating six meals per day' they were saying. 'Some people think it's all about exercise and starving yourself. But the secret to weight loss lies in food timing and type.' It all sounded too good to be true.

After weeks of deliberation, I eventually decided to bite the bullet and put the Bodytrim System to the test. Liposuction was out of the question and nothing else was working, so I figured I had nothing to lose.

I was delighted by what happened next. After 10 weeks I had lost 4 inches from my thighs, 5 inches from my buttocks and 3 inches from my stomach. And I now felt confident and secure in public, happy to have my photo taken again.

But despite the dramatic weight loss, it hardly seemed



Aussie actress Alyssa-Jane Cook with her new beach bod

as if I had done a thing. In fact, all I had done was buy the right fat burning foods from my local supermarket. Supermarkets have become my new weight loss weapons.

Of course, I couldn't help but rave about this program to all my friends. 'The best part of all is you can trial the Bodytrim System for free' I told anyone who would listen.

All you need to do to get your free trial is call 1300 313 343 and quote the promotion code T505 or log onto [www.bodytrim.com.au](http://www.bodytrim.com.au). (strictly limited to the first 200 callers, so be quick). The kit contains DVD's, recipes, a food diary, pedometer and online support. 'It's like having your own weight loss coach 24/7.

And you even get 6 weeks free membership to 'Trim Club' - an exciting new concept in weight loss and lifestyle entertainment that is already transforming lives' I kept telling them.

The only upfront fee is \$12.95 for shipping and handling. If you're not satisfied that's all you'll pay. Simply return the product within 30 days.