

**STILL CAN'T FIT INTO THAT DRESS OR THOSE TROUSERS?**

**RUNNING ON EMPTY & STRUGGLING TO GET THROUGH YOUR DAY?**

**ARE YOU SICK OF CONSTANTLY BATTLING COLDS AND FLU?**



**PERSONAL TRAINING**

**I can help you learn, in 'bite-sized' chunks, what to eat and why for weight loss, energy and health!**

- **Lose weight and feel great in your clothes again!**
- **Be full of energy all day long and power through your day!**
- **Be and feel healthy!**



Jackie Ashdown

To speed up this process, ground-breaking technology is available, the "Biophotonic Scanner!" Known as the "The ultimate nutritional lie-detector" (Available on Tuesday & Wednesday consultations).

Jackie helped me to believe that anything is possible, for 25 years of life I was doing everything wrong, eating bad foods and wasting time doing aimless activities in the gym. Jackie gave me the belief and direction to finally kick-start my weight-loss and also have fun whilst doing it too. After 4 months I've lost 4 stone, thanks to the tough evergreen kiwi.  
*Mahbub Hussain*



Jackie became my personal trainer and nutrition coach after I joined the gym, obese at the age of 43. I turned to her because I had no idea how to change my diet and what to do around exercise. Jackie changed all that, the weight started melting off within weeks, and my change in shape and strength helped keep me motivated. Jackie's seemingly never-ending enthusiasm also kept me going, and on top of that, she made it fun. Now I'm a personal trainer myself, thanks to Jackie!  
*Theresa Fowler*



**Choose the Nutrition Package that is right for you:**

<b>PACKAGE 1: I'm Confused!</b>	For people who know a bit about food but get confused about what and what not to eat and why for weight loss, energy and health.	Duration: 4 weeks
<b>PACKAGE 2: I Need More Help!</b>	For people who don't know much about food and need extra support to adopt healthier eating habits and lifestyle for weight loss, energy and health.	Duration: 8 weeks
<b>PACKAGE 3: SOS - Help Me Please!</b>	For people who have no idea about food and really need extra hand-holding. Learn the basics first, then how to implement into their lifestyle for weight loss, energy and health.	Duration: 12 weeks

**Only at Borough with Nutritionist & Diet Specialist Jackie Ashdown**

## INTRODUCING:

**The patented Pharmanex BioPhotonic Scanner is the world's first immediate, noninvasive method of measuring overall carotenoid antioxidant activity.**



“The ultimate nutritional lie-detector”, according to Dr Oz, known as a: “Healer of the Millennium”. (Available on Tuesday & Wednesday consultations).

Scientists now believe that many of the physical effects of ageing are a result of free radical damage and are linked to every known disease.

Free radicals can be generated from: environmental pollution, smoking, excessive sun exposure, alcohol, stress, unhealthy diet, and under/over-doing exercise.

Choose from 3 tailor made packages to get the level of help you need. Each package includes an initial 60 minute consultation and BioPhotonic scanning to measure antioxidant levels (normal value £30)

	<b>Package 1</b>	<b>Package 2</b>	<b>Package 3</b>
	<b>"I'm Confused About Food"</b>	<b>"I Need More Help"</b>	<b>"SOS! Help Me Please!"</b>
<b>BioPhotonic Scanner</b>	<b>1X</b>	<b>2X</b>	<b>3X</b>
<b>Body Stats: Weight, Measurements, Body fat %</b>	✓	✓	✓
<b>'Quick Wins' - easy to implement ideas for weight loss, boosting energy and vitality</b>	✓	✓	✓
<b>Weekly: Staying on track consultations</b>	✓	✓	✓
<b>Weekly: Food Review</b>	✓	✓	✓
<b>Weekly: Training Review</b>	✓	✓	✓
<b>SMART Goal Setting</b>		✓	✓
<b>Weekly Mini Goals</b>		✓	✓
<b>Personalised Food Plans</b>		✓	✓
<b>Tasty Recipes</b>		✓	✓
<b>Email Support</b>		✓	✓
<b>SMS Support</b>			✓
<b>Duration</b>	<b>4 weeks</b>	<b>8 weeks</b>	<b>12 weeks</b>
<b>Initial Consultation</b>	<b>£50</b>	<b>£50</b>	<b>£50</b>
<b>Package</b>	<b>£140 (4 wks)</b>	<b>£256 (8 wks)</b>	<b>£324 (12 wks)</b>

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