

Hi! My name is  
CAROLINE MIDDLETON  
AND THIS IS MY WEIGHT  
LOSS STORY...

# ME TO SUPER ME!

IN RECENT YEARS, I FOUND MYSELF TIRED, UNWELL, OVERWEIGHT AND MOST IMPORTANTLY, OUT OF LOVE WITH MYSELF. I FELT VERY FAR AWAY FROM MY ONCE ATHLETIC CAMOGIE PLAYER BODY AND I WANTED TO DO SOMETHING TO CHANGE THAT...

I USED TO SKIP BREAKFAST AND EAT A BIG LUNCH. THEN I WOULD WORK ALL DAY SITTING AT MY COMPUTER AND EAT TOO LATE IN THE EVENING. THE STRANGE THING WAS THAT I WAS ONLY EATING TWICE A DAY BUT I WAS GAINING WEIGHT. THE NUTRITIONAL VALUE OF THE FOOD THAT I WAS EATING WAS NOT GREAT AND WAS CAUSING THIS. FASTING FOR LONG PERIODS WAS ACTUALLY MAKING ME FAT.... AND I WAS FAT!

I USED TO GET UPSET THAT I COULDN'T WEAR T-SHIRTS AND I WANTED TO LOSE WEIGHT. EVENTUALLY I GREW TIRED OF MY OWN EXCUSES AND IN SEPTEMBER 2018, I MADE UP MY MIND TO SHAPE UP MY BODY AND LIFE. I ALSO WANTED TO USE MY SUCCESS TO INSPIRE OTHERS. I PUT A PICTURE OF THE TYPE OF BODY THAT I WANTED WITH A PHOTO OF MY HEAD ON IT, BESIDE MY COMPUTER IN WORK, TO HAVE A VISUAL TO MOTIVATE ME!

I STARTED THE EDUCOHEALTH BY TONY QUINN "FROM YOU TO SUPER YOU" WEIGHT LOSS PLAN THAT OFFERS A FULL GUIDE ON HOW TO LOSE WEIGHT. ON SUNDAYS, I WOULD PREPARE MY FOOD FOR THE WEEK AND LAY OUT THE SUPPLEMENTS THAT I HAD TO TAKE.

VERY QUICKLY, THE INCHES STARTED TO FALL OFF MY WAIST AND THE SUPPLEMENTS MADE ME FEEL ENERGISED AND TONE UP AS I LOST WEIGHT.

ONE DAY, AFTER 3 MONTHS ON THE PROGRAMME, I WENT CLOTHES SHOPPING AND TRIED ON A PAIR OF RIPPED BLUE JEANS. I WAS SHOCKED TO REALISE THAT I HAD GONE FROM A SIZE 12 TO A SIZE 8.... THEN I DISCOVERED THAT I HAD GONE FROM A SIZE 14 TO A SIZE 10 ON TOP.

I WAS FINALLY ABLE TO WEAR THE T-SHIRTS THAT I WANTED!!

**TO DATE, I HAVE LOST 32 POUNDS USING AN EDUCOHEALTH PROGRAMME OF DIET AND SUPPLEMENTS DESIGNED BY TONY QUINN.**

LOOKING AT MYSELF IN THE MIRROR, I WAS SO PROUD OF MY ACHIEVEMENT AND SO HAPPY WITH HOW I LOOKED. I COULDN'T BELIEVE THAT IT HAD TAKEN LESS THAN 3 MONTHS AND WAS MUCH EASIER THAN I HAD ANTICIPATED. IF YOU THINK THAT LOSING WEIGHT IS A STRUGGLE, THEN THINK AGAIN! I GOT INTO THE BEST SHAPE OF MY LIFE ON THIS PROGRAMME AND I BELIEVE THAT ANYONE CAN DO THE SAME.

I CAN'T WAIT FOR YOU TO SHARE YOUR SUCCESS STORY!

CARO XX

TIRED, UNWELL AND OVERWEIGHT!



# YOU TO SUPER YOU



ULTIMATE  
PROGRAM!

TONE UP!

**WEIGHT LOSS!**

LOOK GREAT ON THE BEACH!

IN THE GYM...

★ IN YOUR NEW CLOTHES!

TURN HEADS AS YOU  
WALK DOWN THE STREET!

POW!

AVAILABLE AT TONY QUINN HEALTH  
STORES NATIONWIDE AND AT  
STOCKISTS ON [WWW.EDUCOHEALTH.COM](http://WWW.EDUCOHEALTH.COM)

Wow!