

Lose weight with award-winning weight loss consultant Anne Quirke



Anne is a System 10 Weight Loss Specialist in Roscommon for over a year now and has received Consultant of the Year Award 2009 at a recent System 10 Conference at the Clarion Hotel, Limerick City.

The award was presented by Creator of System 10 Weight Loss, David McDonagh. So if you are pondering over what to do about your weight here's your answer! Anne has a proven track record in County Roscommon and bordering counties of people losing one stone of real weight and up to two sizes in one month. Anne will encourage, support and motivate you on your journey to weight loss and health.

"I did the six-week System 10 plan in January 2010 and lost 20 pounds. I was 12 stone and finishing the plan I was 10 stone eight pounds. Six weeks later I have maintained my weight. I found the plan targeted my hips and stomach."

Mary, Roscommon Town.

The truth about weight loss

These are the undisputable facts about how to lose weight properly. This is not just about getting the best and fastest weight loss, but more important, this is the only way to get real weight loss and avoid the false weight loss (mostly just water loss!) that you get from nearly all plans.

1. More than dieting or exercise, your metabolism controls your weight loss.
2. The beneficial effects of dieting and exercise are controlled by your metabolism
3. However diet and exercise are also key to developing a good metabolism.
4. No amount of dieting or exercise can make up for a poor metabolism.
5. Too much dieting and exercise stresses your metabolism and will severely limit weight loss.
6. Metabolism faults can limit or stop weight loss no matter how much dieting or exercise you do e.g.

A slow thyroid can cost you 400 to 600 calories daily (more than a 1 hour workout!). An estimated 35 percent of people have undiagnosed slow thyroid. Constipation (suffered by nearly 40 percent of adults) makes it virtually impossible to lose weight.

A sluggish liver (due to drinking, smoking and medicines) greatly affects your ability to burn fat.

Hormone imbalances change after a pregnancy can make it very difficult for some women to lose their excess weight.

Now you can see why eight out of ten people who try to lose weight stick after three weeks and then fail.

"I chose the System 10 12 week programme as my goal is to lose two and a half stone. System 10 has given me results I never dreamt I could achieve. After just four weeks on the plan I have lost one stone four pounds, four percent body fat, five inches off my waist and four inches off my hips. I am extremely happy that I chose System 10 as my weight loss programme."

Niamh, Athleague, Co. Roscommon.

Best and fastest weight loss

The better your metabolism, the better your weight loss because you burn more fat every hour, 24 hours a day, seven days a week. Nothing can match that for results! No amount of dieting or exercise can match the power of a good metabolism. Fixing your metabolism is categorically the best and fastest way to lose weight.

Weight	System 10 Plan	Weight (After 12 Weeks)
12 Stone	12 Stone 12 Pounds	10 Stone 8 Pounds
11 Stone	11 Stone 12 Pounds	10 Stone 8 Pounds
10 Stone	10 Stone 12 Pounds	10 Stone 8 Pounds
9 Stone	9 Stone 12 Pounds	9 Stone 8 Pounds
8 Stone	8 Stone 12 Pounds	8 Stone 8 Pounds
7 Stone	7 Stone 12 Pounds	7 Stone 8 Pounds
6 Stone	6 Stone 12 Pounds	6 Stone 8 Pounds
5 Stone	5 Stone 12 Pounds	5 Stone 8 Pounds
4 Stone	4 Stone 12 Pounds	4 Stone 8 Pounds
3 Stone	3 Stone 12 Pounds	3 Stone 8 Pounds
2 Stone	2 Stone 12 Pounds	2 Stone 8 Pounds
1 Stone	1 Stone 12 Pounds	1 Stone 8 Pounds

You can get up to three times the results of other weight loss methods!

As you will see from all of the above, getting a great metabolism is a balancing of three keys with each key contributing its own unique benefits that makes it vital and irreplaceable. This is the single most important weight loss fact you can ever learn.

- Key 1: Fix your metabolism faults
- Key 2: A balanced diet (suitable to your weight)
- Key 3: Exercise (aerobic & toning)

"I joined the System 10 programme at the end of September 2009 and can only say it is excellent. My start weight was 20 stone 12 pounds and I am now 16 stone 3 lbs and I am not stopping at that thanks to the System 10 programme."

Helena, Castlereagh, Co. Roscommon.

Our Plan

- The System 10 plan includes an analysis of your metabolism through our unique questionnaire highlighting your metabolism weak spots.
- A selection of highly balanced 7 day food plans of normal, natural foods to fix your metabolism.
- An exercise plan including toning to maximise your metabolism.
- Nutritional supplement recommendations to help rapidly repair your metabolism.
- Choice of 3, 6, 12 week plans for home (walk, jog or bike) or gym.
- Motivation techniques and private weekly weigh-ins to keep you focused on your goal.

For more details or to get started contact Anne 086 2412441.

System 10 has helped Adrian Deane achieve his weight loss goals



"My journey to a healthier and happier life began in May 2006 when I came across System 10. I had tried every other diet out there but none seemed to work for me and I always put the little weight I lost back on and more!!"

"I came across System 10 in a local newspaper and decided to give it a go, at the time I was hitting nearly 20st and was feeling quite down that I couldn't shift this weight. I had always been around 12/13stone but with such a hectic workload I began to skip meals and eat the wrong food at all the wrong times."

"Unlike other fad diets, System 10 fixes your metabolism so with easy to follow food and exercise plans and vitamins I began to see results within a matter of weeks which motivated me to carry on. To date I have lost over 7 1/2 st and now weigh 11st 10lbs. I have so much energy now and my body is in better shape than it has ever been. I've regained my confidence and now enjoy doing all the things that other people take for granted, things I used to feel very uncomfortable doing because of my weight."

"Because of my success with System 10 I have decided to become a consultant to help other people that want to lose weight in the correct way, I know it works just look at my pics!"

Adrian Deane, Meath.

Weight Loss Clinics

Wednesday:
Henry Street Medical Centre, Roscommon

Thursday:
Tattie Hoaker Health Food Store, Goff Street, Roscommon

To make an appointment, contact Anne on (086) 2412441.

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