

# HOW TO LOSE **37KG** IN 15 WEEKS WITHOUT ANY EXERCISE

I was a frustrated 47 year old woman, painfully overweight and depressed.

Having to deal with life's challenges, I had a hard time losing weight and keeping to any diet or living a healthy lifestyle.

After failing at a numerous amount of diets,  
I found a simple solution!!!



**BEFORE**



**AFTER**



## I lost 37kg in 15 weeks

"I now live a **healthy & energetic** lifestyle thanks to CSN."

For more information visit:  
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**MULTIPLE SCLEROSIS, LYMPHEDEMA, PSORIASIS, DIABETIC REVERSAL, OVERWEIGHT**