

# A tried and tested Weight Loss Programme

Dainfern resident, Helena Tarantino and her step-daughter, Darian found a weight loss programme that made all the difference.

**D**arian Tarantino was an active child who enjoyed a wide variety of sports. She started figure skating at the age of 6 years and excelled to the level that she was awarded national colours in the sport and was selected to represent South Africa in the Junior Olympics in Croatia. She also loved athletics and was a keen motocross enthusiast.

As she hit puberty, however, Darian found that she started putting on weight. Concerned about her weight gain, her step-mother, Helena, looked for ways that could help her lose those unwanted kilograms. When one of the parents at Darian's school suggested using herbal products distributed by the Eden Life Wellness Clinic in Sandton, Helena decided to give them a try.

Her one concern, though, was that Darian, at the time, was only 14 years old. Was it safe for her to use these products?

"I, myself, wanted to lose about 4 kg, so I decided we should both go to the Eden Life Wellness Clinic and start taking the products, which come with an eating programme," Helena recalls. "It took quite a while before Darian started seeing results, but the secret is to 'hang in there' until something happens. Once she started losing weight, she did very well."

Darian ended up losing 23 kg and now maintains a healthy weight.



*Anticlockwise from top: Darian Tarantino before her weight loss, Darian after losing her extra weight, Helena Tarantino with her youngest daughter.*



## EDEN LIFE WELLNESS CLINIC

The Eden Life Wellness Clinic was founded by qualified pharmacist, Paula Galvão. When she was in her mid-twenties, she had an enormous weight problem, but as she was studying pharmacology at the time, she had access to lots of information about the health industry. In an attempt to get her weight down, she started mixing ingredients to see if she could find a formula that would help her lose weight.

She lost 50 kg in 8 months. This was the springboard to her founding the Eden Life Wellness Clinic, which is registered with the South African Pharmacy Council.

"It is my belief that people are overweight because of various biochemical imbalances which either make them overeat without becoming full or which cause them to store every morsel they eat as fat, or in the worst case scenario – both!" says Paula. "Everyone who comes to our clinic is properly assessed by one of our qualified weight loss consultants. If necessary, the client is referred to our team of doctors or we work with the patient's own medical practitioner. It is different for every patient. There is no

'one size fits all' when it comes to weight loss. We then recommend products of herbal extract together with a really easy and fun eating plan to assist in regulating the patient's biochemical imbalances. Once these are regulated, the weight loss and, even more importantly, the weight maintenance happen easily."

"All of our products have registered international patents or pending patents and we only use products that are noticeably superior to other products in their specific field. Our motto: If it's not worth patenting, it's not worth marketing," she says.



Leigh Bennie



Leanne Manas

**THE CELEBRITY'S CHOICE**

Celebrities who can vouch for the success of the Eden Life programme include TV presenters, Tumisho Masha, Sandy Ngema and Leanne Manas, actor, Robert Whitehead (the mean tycoon in the popular soapie Isidingo), singer PJ Powers and radio personality, Leigh Bennie.

"Within a month of starting the programme, which includes the use of specially formulated products, a change of diet and light exercise, I felt more energised than I had in decades," says Robert Whitehead.

Having shed her extra weight, PJ Powers says she's happier and more at peace with her body. She has also significantly reduced her risk of heart disease.

There are many more testimonials from happy clients, such as Charlene, who says: "Losing weight using the Eden Life programme was one of the easiest and most rewarding things I ever did. I know for sure that I'll never be fat again!"

"Our main priority is to ensure that our clients succeed in their quest to lose weight. Their goal is our goal. Their success is our success, and we stay with them every step of the way," Paula concludes. 🍷

For more information call the Eden Life Wellness Clinic on 011 884 4973 or email: [enquiries@edenlifeclinic.com](mailto:enquiries@edenlifeclinic.com). Physical Address: 17th Floor, Office Tower, Sandton City.



Robert Whitehead wearing a pair of his 'fat' trousers.



Paula shows Robert how much fat he lost.