

# Året Runt

## (The Whole Year Round)

No. 3, January 12-19 2006. Price: SEK. 19:50. in Finland: 3.60 €

### The Natural Choice

#### I Stay Slim by Drinking Coffee

The coffee with a slenderizing effect is worth every penny, Kerstin Nordin says. It takes away the cravings for sugar and has helped her to loose seven kilos.

It was not even coffee Kerstin Nordin was looking for that day about one year ago but then she saw Coffee Slender, a coffee that allegedly had a slimming effect on the body, on a shelf in the health food store.

“I just thought: Why not?” Kerstin says. “I was living in Rome in the 70’s. During my stay I really learned to appreciate a good cup of coffee and I have had espresso brewers ever since. I would consider the possibility of loosing a few kilos at the same time as one enjoys a cup of coffee a bonus”.

Kerstin lives in Malmö, Sweden, and has been working as an executive officer at the Insurance Funds for the last 15 years. In her spare time she likes to exercise as much as possible and enjoys swimming and running in particular.

“At my age the body does not burn as much fat as earlier. I have never needed large sizes in clothes, but occasionally I have periods when I eat more and exercise less. During these periods Coffee Slender has been a good way to loose weight and to help balancing my stomach.

During the first three months Kerstin lost four kilos and now, after drinking the coffee regularly for a year, she has lost another three.

“I take two cups of coffee each day, always with milk. The coffee has reduced my cravings for sugar and I do not have the same urge to stuff myself with candy and cookies.

Coffee Slender is certainly more expensive than regular coffee, but one has to keep in mind that it is a slimming remedy and not just coffee. Kerstin feels that she gets her money’s worth.

“My daughter has just left home so now I feel that I can indulge myself with things I could not afford before.”

The last time the scales showed progress was earlier this summer when Kerstin, who used to work as a travel guide, was going on holiday.

“Before I went to Sicily I was going to buy a one-piece swimsuit because I was convinced that I had become too large to wear a bikini, but when I found my bikini in the closet I tried it on and it fitted me perfectly. I think that’s great!”