

Hi my name is Gavin. I am a professional Chef and this is my Microbiome purify journey. I thought I would share with everyone what started all this.

I was at work in Sheffield town centre and when I finished I saw a guy I walk past and I noticed he was big like me but his t-shirt didn't quite cover his belly I could see it sticking out of the bottom of his shirt and I just had a picture in my head that is how I looked to people. I am not sure if I did or not but as a chef and working with food all day every day I ate a lot and even at time well most of the time I over ate and my days off I just eat because I was bored or but after seeing the man with his t-shirt I knew at that point I didn't want to be big anymore. I made my mind up to change my life. I had spoken to a friend who had just done the Synergy Microbiome purify kit and he said that he has lost some weight he felt amazing and it had changed the way he looked at food and that he had start to do things he had not done since he was in the Marines. I asked him to get me the kit because I thought losing some weight would be good and the rest I could do on my own. I was very nervous about doing the Microbiome purify kit as knowing my luck it wouldn't work.

How wrong I was. In the first 7 day I lost a stone that's amazing I thought. I had changed my diet it has start to help. Over the next 2 weeks I lost another 1stone and 2Lb I thought wow this is amazing I feel fantastic. I asked myself did want to be that big bloke again or keep going so I have. I have kept to what I did in the detox. I now have the SLM smart meal replacement for my lunch as a professional chef I don't get to eat at the right times. So now I have started with other products as well the ProArgi-9+, Mistify and PhytoLife and they have helped me to and E9 helps me if I need a natural energy boost.

If I can do this and still do my job as a professional chef and still lose weight then I know anyone can. Maybe for your holiday or for a special occasion or for other health reasons Synergy can help. It has me! I am the proof I know I will keep the weight off using Synergy products to aid me to do this.

I have now hit my goal and I can tell you I feel fantastic. When I started this my weight was 21 stone 3Lb in the 21 days I lost 2 stone 2Lb I have lost 4 stone to date and I have set myself one last goal and that is to lose just one more stone to get to 16 stone 3 and then I know that's my final weight. The best part about my journey is not that I have lost all this weight although don't get me wrong it's an amazing thing but I now go for a 3 to 6 mile walk every day. I don't have any joint pain like I did before and I don't have the cravings for all the chocolate pop and the 5 Energy drink a DAY I used to have or for the big bag of ready slated snacks as I am not always tired or have no energy or just sat watching Tv and eating junk food just because. I

now exercise and I have more energy I love the new slim me. I was borderline diabetic my bloody pressure was high my cholesterol I would say was high as well but not anymore.

Here are my pictures of before after and now Just so you can see the change for your selves.

The first picture is me on day 14 after my Microbiome purify kit . This Second picture Is me around my 39th birthday in April



2. 1. This Is a picture of me now after losing 4 stone.



As I say if I as a professional chef can do the Microbiome purify kit and still do my job every day and still lose weight and get myself in shape then I think anyone can. I know everyone is different and you may lose the weight I have but just getting the bad bacteria out and putting the good bacteria back in charge is a start then who knows where it will take you on your journey. However you start your journey getting to your goal is for you but don't think your alone on your journey you will have to support of the people in Synergy who introduced you to this and if you're unsure just ask questions there are no stupid questions when it come to your health.