

Catrin (37):

# I Lost 8 kilos by Drinking a Coffee with a Slendering Effect

“This is How We Lost Weight Just by Drinking Coffee”

## Catrin: My Need for Sugar was Reduced

Catrin Hornbek had three cups of coffee each day and lost eight kilos.

- I did not even exercise or change my diet, she says.

**Catrin Hornbek has more than enough to do, and with three children and three horses she is always on her way to competitions or practices. Because of her tight schedule she eats out quite often and has no time to spend in the gym, but when she heard about the new coffee with a slendering effect she decided to try it out.**

**- I drink a lot of coffee anyway so I decided that I would try it. It could not be very different from regular coffee and I did not have to change my diet, she says.**

**Catrin has never been heavy enough to consider trying a more extensive method.**

**- I thought it would be nice to be able to wear size 38 again, she says.**

**She started her coffee diet at the end of last summer and five months later she is eight kilos lighter.**

**- I do not really know whether it was the coffee or not, but suddenly I noticed that I did not have such a sweet tooth anymore, Catrin says.**

**At first, the bitter taste of the new coffee was hard to get past because it was not as good as regular coffee, it was weaker, more like tea.**

**- It took me a while to get used to. I still have a couple of cups of this coffee each day; since I am 169 cm tall I would like to lose two more kilos, she says.**

**She takes three cups of an instant coffee called *Coffee slender* every day. This coffee contains chlorogenic acid, a substance that helps regulating the blood sugar level.**

**- It worked for me. The disadvantage of this product is that it may not have any long-term results, Catrin says.**

Catrin before she started the diet. **Before**

**THINNER:** Catrin has lost eight kilos and thinks that her cravings for sugar have been reduced. **After**

## 8 Kilos Lighter

**Name: Catrin Hornbek. Age: 37. Family: Husband and three children: Rasmus (14), Clara (11) and August (9), three horses, two dogs and three cats. Lives: Vellinge, Sweden. Result: - 8 kilos in five months. Why I chose to go on a coffee diet: It is a simple method and I love coffee.**

# Susanne: It Made Me Feel Good

Susanne Andersson-Hjelte is a true coffee lover and that is why the coffee method fitted her so well – even though she was sceptical towards the idea.

- I had three cups each day and lost six kilos, she says.

**It started as a joke last fall. Susanne and her colleagues did not seriously believe that anyone could lose weight by drinking coffee, but after using *Coffee slender* for a few months they had to reconsider. During a period of two months, Susanne had lost six kilos and her cravings for sweets, pastry and other products containing sugar had been reduced.**

## Tastes Like Instant Coffee

- I had three cups of coffee daily and it made me feel good, she says.

- It doesn't taste like regular coffee, but more like instant coffee.

**When the cravings for junk food disappeared, Susanne was motivated to change her habits and switched to a healthier diet. She replaced white bread with brown and had more salad at lunch. Susanne was already used to regular exercise, but now she puts even more energy into it.**

- I have reached my goal of 66 kilos. I think I fit my 165 cm perfectly.

Susanne has lost 10 kilos since she started drinking Coffee slender.

## 10 Kilos Lighter

Name: **Susanne Andersson-Hjelte**. Age: **44**. Live: **Helsingborg, Sweden**. Family: **Single**. Why I chose this diet: - **I love coffee and drink eight cups each day!** Result: - **10 kilos since last September**.

## The Coffee Method - Pros and Cons:

Pros:

- + **Fun and easy to drink three cups of coffee each day!**
- + **You get rid of the cravings for sugar in the afternoon.**

Cons:

- **We do not know whether or not the product has a long-term effect.**
- **You do not have to change your diet unless you decide that you want to.**