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THEBOATHOUSE

PUB - RESTAURANT - ROOMS at Auchinstarry by Marcella

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Book online - www.boathousekilsyth.com Tel: 01236 829 200

Fighting the Battle of the Bulge?

KICK START THE NEW YOU TODAY!

OR, TRYING TO BEAT THE BEER BELLY BLUES?

Men and women are flocking to Tina O'Doherty's Inch Loss Clinic in their battle to fight their flab.

These state-of-the-art, non-surgical treatments take up to 45 minutes and clients are losing an average of 8-12 inches after completing a 4 week course of Body Sculpting treatments.

The Body Sculpting programme has been developed by Tina O'Doherty who has 8 clinics located throughout Scotland and it utilises the very latest Laser and Electrolite cutting edge technology. Tina's treatments are suitable for male and female clients of all fitness levels and age groups and are ideal for people who cannot or, don't like using the gym.

As with all Inch Loss programmes, (surgical and non-surgical), your diet and lifestyle will have an effect on the short and long term results. With this in mind, Tina has developed a popular healthy eating and maintenance plan that is designed to help ensure maximum and long lasting results.

Sue Bell (34) from Glasgow lost a total of 15 inches and said, "Not only am I impressed with the inch loss but delighted that my skin feels so tight and the appearance of stretch marks have almost disappeared".



Tony Simpson (41) from Falkirk went from 17st 2lbs (pic left) to 14st 11lbs (pic right)!



BEFORE





AFTER

For your FREE consultation and FREE trial treatment, contact your nearest Tina O'Doherty Clinic. Please see www.inchlossclinic.com for details.

RUSSELL OVERCOMES HIS

FAMOUS Russell with Stephen and Gethin on Holding Out For A Hero

By Rick Fulton

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HE is blind and a double transplant survivor but Russell Macmillan also has one of the biggest hearts in Scotland.

And tomorrow, one of the 486 people his charity - East Renfrewshire Good Causes - have helped, says thank you on STV's Holding Out For A Hero.

Stephen McCarrey, a pricing manager, of Thornliebank, near Glasgow, decided to go on the new game show after Russell's charity donated safety gear for his son Daniel, who has learning difficulties and is partially sighted.

The generosity has transformed Stephen's family's life - even though he had never met Russell, 46, from Newton Mearns, near Glasgow.

The programme isn't like other game shows - those playing aren't looking to win money for themselves but for people or charities that have helped them.

Three contestants play the game for their nominated hero and even if they lose, that person still gets £3000.

In the series so far - hosted by Gethin Jones - one winner was able to give their hero £94,000 to continue their work.

Russell won't reveal how much Stephen won for Good Causes but said: "I'm a part-time, single-operator volunteer and run my charity from a desk in my living room, so even a £3000 donation is phenomenal."

What makes Russell's story all the more amazing is what he has had to live through in his own life.

He was diagnosed as a Type 1 diabetic on his eighth birthday and by 22 the disease had left him totally blind.

An operation has returned five per cent of his vision, allowing him to see the world "through a tiny Smartie tube".

But the diabetes left him fighting for his life and he underwent a kidney and pancreas transplant operation aged 40.

The nine-hour operation in January 2007, at Edinburgh Royal Infirmary, has made him one of only a few people in Scotland to be cured of diabetes.

It was that "God-given gift of life" that made him want to give something back.

Four years ago, he decided to raise £100,000 as "a way of repaying my bit to society and say thank you for my new life". He said: "I've gone on to help 486 people - their lives have been improved thanks to those two organs."

And he has nearly achieved his aim - already giving out £94,910 to young and old, and transforming lives.

The causes are varied.

This month, Good Causes bought carpeting and furniture for two young children living with bare floorboards, part-funded an outdoor mobility scooter for an ex-forces pensioner who'd suffered a stroke, bought household goods for a young mum who had to flee her home

because of domestic violence, and bought a computer for an ex-serviceman's disabled teenage son, who also has Asperger's.

It's inspirational stuff.

But Russell flinches at the thought of being seen as a hero.

For Russell's big TV moment, he was taken to Eastwood Park, near Glasgow, where he was surprised by Stephen and other people he'd helped through Good Causes, but hadn't met.

He said: "I got a fright.

"Stephen's a big guy. I don't know who he is and he's coming extremely close and his arm started to go up.

"The truth is I didn't know whether to put my hand up and defend myself or whether I should skelp him."

He's laughing as he remembers their first meeting - before he found out that

'I never dreamed we'd get £100,000