
58 Pounds Gone



My name is Beth Vinezeano and I have been a patient of Dr. Hoch's for about seven years and am faithful about coming in for my monthly adjustments. So, when I saw how great Dr. Hoch looked and how much weight she lost, of course I asked her how she did it. She told me about the hcG program and that she was starting it in her office.

I have never been a thin person, but I was at my all time highest weight EVER and it was getting difficult to walk my dogs or play with my granddaughter without being short of breath. My blood sugar levels were high, my cholesterol was high and my blood pressure was elevated. I felt tired all the time. I just couldn't get motivated to do anything, so I thought "what the heck" I'll give this a try, but honestly it sounded too good to be true so I didn't really expect it to work. I mean, could lose a half to one pound per day? Really? I wasn't too sure I could live on 500 calories a day, but taking the hcG and drinking the water made it easy. The most amazing thing to me was that I didn't have cravings like I've had on diets in the past. Of course there were times when a snickers bar sounded good, but I was able to say no thanks and I really didn't feel deprived.

I have completed 3 cycles and lost a total of 58 pounds and a bunch of inches. As a matter of fact, I just bought my first pair of jeans that didn't come from the plus size section! I am going to try to shed another 40 pounds because I now have faith that I can really do this. Being on the maintenance has shown me what I can and cannot eat to maintain my weight and I have to say it's really easy. I couldn't be happier with my results and would definitely recommend this to anyone who is looking to lose weight and improve their health.