

Healthy Once Again



The HCG metabolic program appealed to me even though I am a faithful weight watchers attendee. I had some concerns regarding my health which were confirmed during my initial visit. I must admit, had I received a good health report, I may not have joined the program because I was only about 20 pounds overweight and knew I could lose this while attending weight watchers. However, once I learned that I had several health issues to address including high blood pressure, high cholesterol and a strong pre-disposition for diabetes, I became very concerned. For me, the program became not, can I lose weight, but, how can I change my poor health! I learned the science of the program and the benefits of eating specific foods ...especially as they related to hypoglycemia. My Mother died from diabetes and I am acutely aware of all the destruction that disease brings to a life. I am glad to report I am healthy once again. I believe the program made all the difference for me. I know that for most people the reason for beginning the program is weight loss. For me, I became healthy and lost the added weight !

~Cathy Bergstrom