

# *If I can do it, anyone can!*



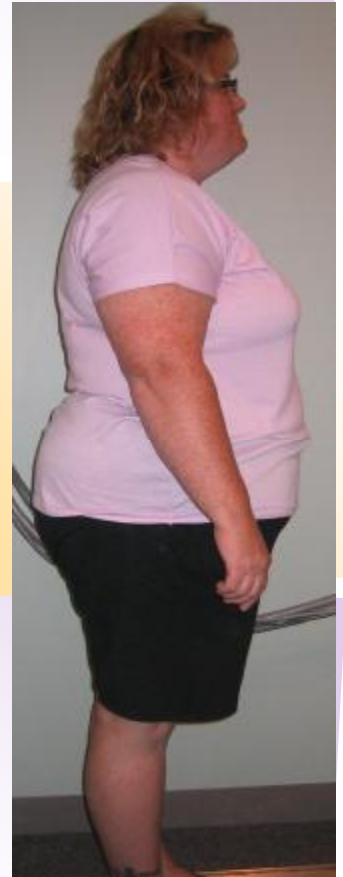
Before



After



After



Before

**When you eat out of boredom, it doesn't take long to develop some really poor eating habits. I liked candy and pop. Just about anything chocolate was my all time pick me up! To tell you the truth, I was reluctant to try the program. I was afraid I was a lost cause. All of my past attempts to lose the weight were failures. I feared I'd be setting myself up for yet another disappointment.**

**My results surprised me. I lost 31 pounds in 30 days. I found out that cheating on this program is difficult. Your food diary holds you accountable for everything you put in your mouth. Being a chocolate lover, I liked the Coco Pro powder. It got me through those times when I felt I needed something sweet.**

**I just completed my 30 day maintenance period and lost one more pound. This brings me up to 32 pounds total! I realize I have a little way to go before reaching my desired weight, but this worked for me. And if it worked for me, it can work for just about anyone!**

**~ Cathy Nagel ~**