



I lost 38 pounds

Life is good but food is comfort and the larger I got the more comfort I needed. I have tried many different diet plans. I even obtained my goal a couple of times, but the weight would inevitably return once I was no longer taking the pills or eating the diet food. Having so many successes and failures turned me skeptical. But I didn't like the pictures I was taking and when I saw how others were losing inches on the program I decided to give it a try.

The first month I was much focused and lost one half to one whole pound per day. The speediness of the weight loss kept me focused. The month of maintenance I did well keeping my weight within two pounds. Eating out is not a challenge. I've learned what to order and continue to choose the right foods. I have also found a food diary helps me stay on track. This experience has been a value to my health for so many reasons. My energy level is better and I am more flexible. Better yet, my blood sugar went down one whole point in only 3 months.

All in all, I've lost 38 pounds and never once felt deprived or hungry. I tell everyone who notices my weight loss because the results are priceless. I am nine pounds from my goal weight, and will continue to chart my meals and make healthy choices.



Christine Siemsen