



I began the Metabolic Weight Loss program because I saw the results that my friend was having. She recommended Natural Health and Wellness because of their weight loss plan using HCG. After many years of having my weight yoyo back and forth I needed the help that an organized and specific plan could offer.

After my initial visit where they carefully explained the diet and the results I could expect I was very anxious to get started. The plan is very specific and detailed to include regular foods that you'd find in the grocery store. I found myself in the produce section more than I'd ever been before, but that was a good thing. Eating all the nutritious foods was so satisfying I was never hungry. Every couple of weeks I'd go in for my appointment to weigh in and be measured. They'd also measure my BMI using a Bioelectric Impedance Analyzer. I'd leave knowing exactly how much of the weight I lost was fat or if I was losing water or muscle weight. As long as I stuck by the rules of the plan the fat continued to disappear.

Last July I was probably the heaviest I'd ever been in my life and now 7 months later I'm 50 pounds down and lost 10 inches from around my waist. This was all without being hungry, or even exercising! I sleep better now and have a lot more energy during the day. I am more aware of the foods that trigger weight gain and am confident that I'll be able to maintain my new lean weight for the rest of my life.

~ Darlene W. ~