

# 90 Pounds Gone!



A little less than a year ago I made a startling realization when I was munching on popcorn and soda in a movie theater. I was heavy. What was I going to do? I've lost weight with Jenny Craig, Atkins, and Weight Watchers in the past, but I never really considered them successful because I would end up putting the weight back on. I couldn't exercise; not when a flight of stairs would kill my knees. I stand on my feet all day and my feet hurt from the excess weight. And let's face it! Who's got the time and energy for exercise?

I heard about the Metabolic Weight Loss Program from a very good friend and am eternally thankful to her. This program taught me what to eat, when to eat, how much to eat, and most importantly, what NOT to eat. Eating fresh, lean foods that were tasty, colorful and filling felt right.

It took me only 3 months to lose a total of 50 pounds. Nine months later I've taken off another 40 pounds on my own just by making healthy choices. I can exercise with ease now. Standing on the job is no longer hard on my feet. Don't tell, but I don't order the popcorn in theaters anymore. A crispy bag of cut up green peppers in my purse is much more satisfying.

I was worried that I'd be the fat Mom on the bleachers watching my daughter graduate from high school. I don't have those toxic thoughts anymore. This diet enabled me to lose weight, get on track eating the right foods, and lose even more weight. No other diet I've been on has been that successful.

You don't have to struggle anymore. The answer is at Natural Health and Wellness. The diet is easy and the people are supportive. If you're tired of yoyo diets and gimmicks that don't work just call.