

53 Pounds Gone!!!



Before



After



Before

After

My whole family has been under the care of Dr. Hoch at Natural Health and Wellness for several years. We all couldn't help but notice her weight loss last year and were all very happy for her. I have been struggling with weight for many years and was skeptical when she began offering the metabolic weight loss program in the office. I was worried about gaining back what weight I'd lose. But as time went by and Dr. Hoch kept her thin frame with what she said was minimal effort, I decided to try it.

The diet was not difficult at all, but does require willpower. I got a little tired of steamed veggies, but fortunately like cooking so with some pure herbs and ingenuity made my side dishes a little more interesting. Now I look forward to having fresh fruits and vegetables more than I ever enjoyed junk food. I have a new appreciation for meal time and take my time tasting the food I'm eating. The medicine itself couldn't be easier. The tablets melt under your tongue and you're done! The supplements are very mild and digestible.

All in all, after two rounds I lost 53 pounds and 14 inches from my waist. I am happy to report that I am currently off all my medications and at 18% body fat. My energy level is really high and I haven't felt this good in a long time.

**Your Friend,
Larry Shedwill**