

30 Pounds Gone!



I applied for the nurse practitioner (NP) position in Dr. Hoch's practice. At my first meeting with her, I learned about the HCG weight loss program. When she offered me the NP position in her practice I had a bit of an epiphany. I wanted to set an example for patient's coming to the practice to participate in the weight management program. I have struggled with weight gain gradually throughout my life. I have been on and off of a diet throughout my life. I know that a primary risk factor for many diseases is weight; this was my primary risk factor for disease. I really wanted to do something once and for all to get rid of my excess weight. I decided to become a patient too.

When I started the HCG program, I was having severe pain in both of my feet. When I got out of bed in the morning, stepping on my feet would almost make me cry. I had not suffered any injury, and felt my foot pain was likely related to the excess weight I was carrying around. At the same time, I was experiencing pain in both knees going up and down the steps in my home. I have a three level home, so I was experiencing this pain many times per day. Again, I knew that the knee pain was likely related to my weight.

At this point, I have lost almost 30 pounds. The pain I had in my feet and knees when I started the HCG weight loss program is gone. The other symptoms (i.e. belly pain, bloating, and gas) that I was experiencing daily when I started, have also disappeared. I feel so much better. I know that getting rid of my excess weight is the best choice that I have made for my long-term health. I am continuing to lose and hope that I can continue to help many patients achieve the same goal.

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