



17 POUNDS

It wasn't until I hit 40 that I admitted I had a weight problem. It got to where I no longer recognized myself anymore. I began eliminating sugar, fried foods and munchies. I also started a workout program. Instead of losing weight and feeling better, everything hurt and my workouts increased my appetite. I continued with this regimen religiously for 2 years with some success. My clothes started fitting better, but losing weight seemed impossible.

All this time I had been a chiropractic patient of Dr. Hoch's. Most of the time my appointments were first thing in the morning and I would be in a hurry to get my daughter to school so truthfully I wasn't aware of Dr. Hoch's transformation. It wasn't until I became an employee that I knew about the metabolic weight loss program.

With the new job there were new things to learn so I was initially reluctant to start the program for fear that it would be too much change at once. But it really wasn't. I had already cleaned up my diet so the very low calorie diet phase was easier than I anticipated. I found that if I remembered to take the hcG, drink the right amount of water

And not miss a meal I consistently lost a half a pound per day.

Being responsible for writing many of our patients' testimonials is exciting. I've learned so much about what to expect. But really nothing could have prepared me for the rapid weight loss. Especially after sweating it out for 2 years with minimal change. I've gone down from a size 14 to a size 6 and lost 17 pounds. I am anxious to get back to the gym to see if my smaller size has a positive effect on my exercise routine.

~ Linda Ferguson ~