



# *No more yoyo diets.*

*September 9, 2011*

*I started my treatment with Dr. Hoch three years ago for chronic headaches. Although the tension in my head and neck subsided with regular adjustments, my headaches would occasionally reappear and interfere with my life.*

*During my regular visits I started seeing changes in Dr. Hoch's appearance. It was soon obvious that she was shrinking before my very eyes. When I asked what she'd been doing she was incredibly open about the HCG diet and how it differs from other diet plans. I was immediately interested.*

*I began the metabolic weight loss plan in March of 2011. My first round I lost 24.6 pounds of fat. I couldn't believe how easy it was. I was not hungry at all. It taught me how to manage portion control and also how to plan my meal time more efficiently. I didn't find myself reaching for unhealthy foods anymore! I immediately started a second round and then after my third and after my final round I lost a total of 62 pounds.*

*The most rewarding part is my headaches are finally gone! Understanding that my past headaches are closely connected to what I eat, I have more incentive to stay on this, healthier, alternative to eating and look forward to no more yoyo diets. I am thrilled to have reached my goal and highly recommend it to anyone who has been struggling with their weight.*

*~ Martha Vana ~*