

## My Weight Was Holding Me Back

I met Dr. Hoch for lunch one day and I was surprised to see less of her. She then proceeded to tell me about the

Metabolic Weight Loss program and she encouraged me to try it. Weight issues have been a lifelong battle for me. Over the past few years my weight hit an all-time high sparked by job loss. I debated the diet for a while, coming up with the usual excuses – it's too hard, I can do it on my own, it's too expensive. Truth was, I couldn't do it on my own and any diet is difficult. I decided the right time was now. I wanted to feel better about myself and start doing the things I used to do. I am worth the money. After 30 days, I lost 25.5 lbs. I couldn't be happier. The planning and preparation of the meals was the "hardest" part, the rest was easy. I was never hungry... I still can't believe that part (really, it's true). The weight fell off. I start phase 2 next week and I can't wait to shed another 20+ lbs. People at work are asking me what I did to lose the weight so fast. I can't say enough about this program. This summer, I am not going to hide out as the fat mom. I am getting my suit on and taking the kids to the pool. – *Mary Baker*



### ARE YOU SERIOUS ABOUT WEIGHT LOSS?



117 W. Main St. • Peotone IL  
Dr. Christine Hoch

Call our office to schedule your appointment and get started today!

**708.258.9600**

For more information, visit the Metabolic Weight Loss tab on our website @

[www.peotonewellness.com](http://www.peotonewellness.com)