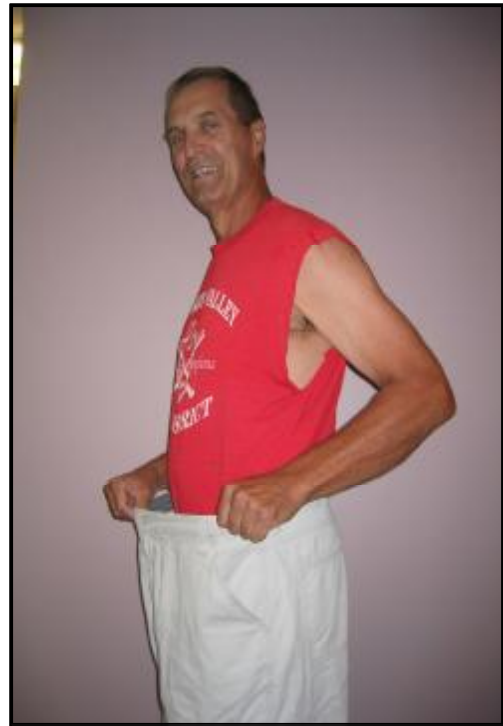


70 pound weight loss.

42 inch waist to a 36 inch waist



I have been a sports enthusiast all of my life so consequently along with a genetic predisposition to arthritis, I have had to deal with various body aches and pains. I tried prescription drugs, but became cautious when the drug I was taking was causing heart attacks! My wife, a patient at Dr. Hoch's, knows how important staying active is for me. She suggested I Start at Natural Health and Wellness and under the impeccable care of Dr. Hoch, I agreed to a treatment plan that enabled my pain to be managed. As my treatment plan progressed, I became concerned about the extra weight I've gained over the years. I realized it was time to make a lifestyle change when I was diagnosed a borderline type 2 diabetic! I began the Metabolic Weight Loss Program. Truthfully, I was a big guy! I was skeptical that a 500 calorie a day diet wasn't going to be enough. But I've lost 70 Lbs and have not been hungry. My vitality level is so much better. I used to take a nap after a long golf game. Now I come home and stay active. The best part is by eliminating the sugar, and limiting carbohydrates, the osteoarthritis is rarely painful. Now I can walk while carrying my golf bag on the course and my outlook on everything is more positive. I had a knee replacement a couple of years ago and it was typically painful and the motions wasn't good—but now it's hard to even tell which knee was replaced! I'm glad I've gotten involved. I recommend it to anyone else who'd like to lose weight and improve their life.

Rich Vana