



## Size 9 to a size 4

*When I saw the results that Dr. Hoch was getting with hcG I was ready to sign up. I have been on weight watchers and although it taught me moderation, I've never learned what foods would trigger my weight gain. When I was done with the restricted diet and was able to reintroduce more of a variety of foods, I discovered what foods affected my body in a negative way. Now I am careful to strictly limit these foods. In the event that I indulge, all I have to do is go back to lean meat and vegetables for a few days until I'm back where I feel comfortable.*

*The first week on the diet I have to be honest, I felt hungry. It may have been what they call withdrawal from processed foods and sugar. After that first week, my body adjusted better and the rapid weight loss enabled me to stay focused. There was one time when I cheated. Afterwards, despite being strict, my weight would not move at all. I decided to try an apple day. It worked I got right back on track, but will never forget how angry I was at myself for letting a little thing like bread get in the way of what I wanted. It was clear I needed to stick to the rules.*

*I lost 20 pounds on the metabolic weight loss program and would do it again if I needed to. I went from a size 9 to a size 4, and ladies, I don't have to tell you how great that makes me feel.*

*~Stephanie Chambers~*

