

As I look back at six months ago I can see a downward spiral in my eating habits. My emotions felt off and I didn't feel good about myself physically. Maybe it was winter blues or still feeling the loss of our friend Brenda. My energy level was low and I could feel myself more irritable and unfocused. Realizing I needed a change and help, I felt I could reach out to you. Knowing you through the years, I knew you could help me.

The program you designed for me is great, it feels more like a way of life rather than a program. Seeing the positive results of my first blood test was an eye opener and I knew that this was the right decision. Thank you for being sensitive and not making me feel worse about myself. You focused more on the solution so I wouldn't be overwhelmed. Even with your scale reading higher than mine, I looked forward to seeing positive changes. The best part of this program is that I don't have the cravings I once had nor do I feel deprived.

The Diet Cure book was a big help. It helped me realize all those years of dieting and not eating balanced meals or not eating enough didn't help me. I am no longer focused on the scale and just getting on once a week is a miracle. I feel better about myself and more positive in many ways.

I hope to just keep staying balanced. I'm learning it's ok to say I can't have something that has a negative physical reaction because I know it's not worth feeling bad again.

I would recommend this program to anyone who really wants a positive change. We are worth the commitment. As I read recently, it's not about losing weight overnight, it's about staying healthy overtime. I look forward to my sessions; you are a good support system.

Thanks for your support and friendship,

Joanne B.