

Welcome, and THANK YOU, PARTNER!

- Heartfelt thanks for accepting the clinic's invitation
- I am excited; for me this is a life-changing experience. I wish it were for you as well.
- I have gained an average of a lb since the age of 30 (Wt. 128 lbs). . Now I am 75. When I started this program I weighed 173 lbs.
- Ran marathons, kept active, ate reasonably well, still....
- I did everything right and yet...Have you felt this way? I have news to share with you and that's what excites me.
- This weight-loss clinic is for my benefit just as much as it is for yours.



My First Step

- That was before June 5, 2024.
- That day I took one small step: stopped all simple sugars such as sweeteners, soft drinks, desserts, snacks, etc.
- Coffee was black, beverage was water with a wedge of lemon.



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My Second and Third First Steps

- June 26, 2024 focused on how I ate in addition to what I ate (as before): added mindfulness in eating – paid attention for hunger sensation to subside and stop eating.



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The Station!

- Nothing drasting happened for 6 weeks. I thought it was time to enjoy the journey even though I thought I felt better, my mind sharper.



Something New After 45 Years!

- Then, with no fan-fare: My weight this morning was 168 lbs (down 5 lbs).
- My belt buckle has gone back 2 notches.
- This only after 3 small steps!
- Anyone else with an experience with your First Step?



Today's Program

- All our clinic staff are participating in our program today.
- Our emphasis today would be to help you make this folder your guide and assist you in digesting what we have already covered in the past two sessions.
- Ashley will remind us of possible first steps from the nutritional and stress control presentations to the present.
- Later on in the program I would discuss “Intermittent Fasting” as my next First Step.