

## Jeannie Menor

I had tried to lose weight in the past with no success. I joined CNC and went on the modified fast program. I really found it easy to follow and liked knowing what I could eat every day. The weight came off week after week, I also was doing some cardio exercise, but then added weights 3 times a week, and the inches really started to come off. I now love to exercise, and go to the gym 5-6 times per week. The weight loss for me has been nothing but positive!

I used to have lots of allergy problems and asthma, and now I have no asthma, and very few allergies! I also have a lot more energy and I feel very confident in everything I do! I even started a new job last year that I really wanted and it's going great! My family and friends are so excited for me. I even got my husband to eat better, and he goes to the gym with me now and he has lost 35 lbs!

I would recommend CNC to anyone who wants to change their life and learn to eat correctly. I thought the program was very easy to follow, and everyone at CNC is very helpful and supportive. It took me about seven months to lose all of my weight, and I have kept it off for more than 1 year already! It is nice to know you can eat all foods in moderation, and still look and feel great!

Thanks to everyone at CNC,

Jeannie Menor

**Before: 202 lb**

**After: 150 lb**

