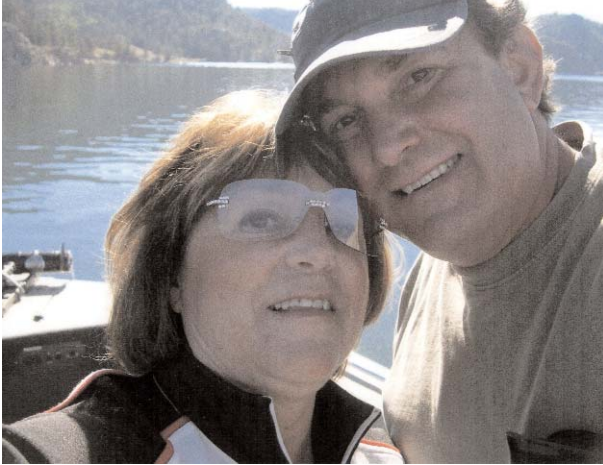


Linda Reisman

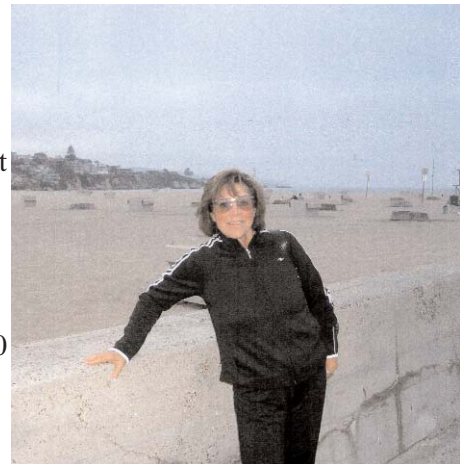
Before: 197 pounds



After: 137 pounds



I want to thank CNC and Dr. Lazarus and associates for helping me attain a goal that I never thought was possible... a goal to lose 50 pounds by my 65th birthday. On October 1st, 2006, I made the best call of my life, and after seeing my health results was told that if I gained just 10 more pounds I would likely develop diabetes, but that if I lost 10 pounds, my chances of developing diabetes would go down by 50%! That was a wakeup call for me, so I immediately went on the modified fast program, and lost 7 pounds in the first week. To date (July 25th, 2007), not only have I lost 60 pounds, I have not re-gained a pound throughout the entire process.



Thanks to Suzanne's wonderful encouragement and help, I looked forward to coming here every week - one of the most important parts of this program. Mentally that helped me the most - a weekly weigh in and a diet that was adjusted just for me as an individual.

Now that I have reached my goal, I will probably be a most boring eater for the rest of my life as now I don't care about all the foods that made me heavy. I love the benefits of feeling healthy and the benefit of having so much energy, but most of all I love all the compliments and encouraging words from my friends and family. The cutest thing anyone said to me was from my 7 year-old granddaughter. I asked her how much she weighed and she said, "42 pounds," and then she said, "Nana, you lost a whole me!" Thanks again and again to everyone. You are the best team to work with ever.