

## Bonita Burns

Before: 1/2000  
164 pounds



During: 6/2001  
137 pounds



Current: 4/2008  
132 pounds



The heaviest I have ever been was in this picture in 1996 – I went to Weight Watchers and only lost 10 pounds in 3 years. My doctor told me I still needed to lose 30 more pounds to avoid getting diabetes and high blood pressure.

In 2000, I came to Clinical Nutrition Center and lost the 30 pounds in just 3 months. I felt wonderful, I gave away all my “fat” clothes, my blood pressure returned to normal. I loved the way people responded to my weight loss.

I have now kept the weight off for 8 years. It wasn’t difficult. I just had to get my mind right. I learned to “eat to live,” not to “live to eat.”

I love to cook and entertain. I have been able to do this and lose weight by self-control, and following the instructions of my dietitian and CNC.

I am 72 years old and I feel 30 again. I want to be around to see my grandchildren grow up and make me a great grandmother.

Thanks,

Bonnie Burns