

Marc Rosen

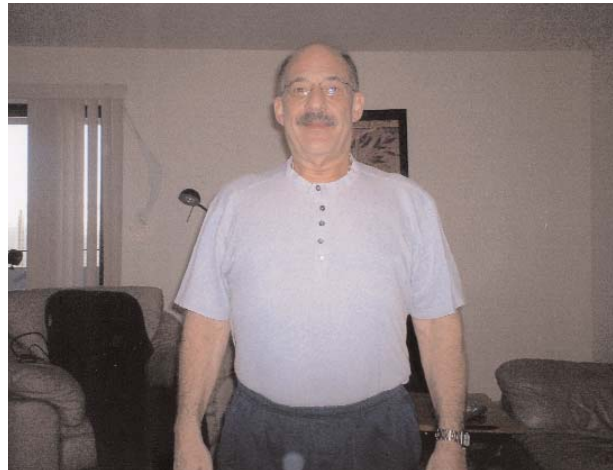
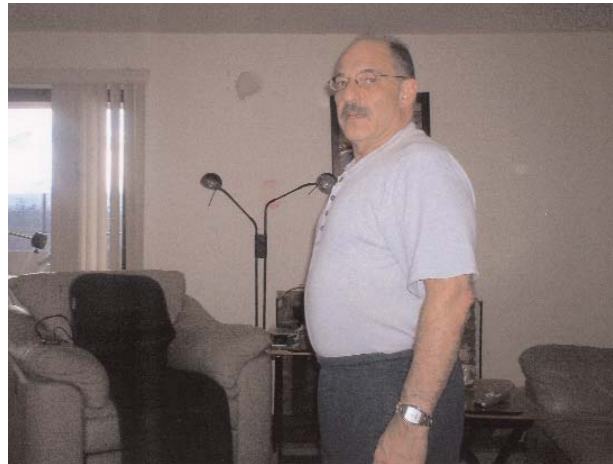
Before: January 18th, 2006

Weight	263
Coat Size	52
Waist	46
Blood Pressure	135/90 (WITH medication)
Resting Heart Rate	85



After: May 25th, 2007

Weight	195 (down 68 pounds in 18 weeks)
Coat Size	44
Waist	36 (down 10 inches)
Blood Pressure	122/74 (off all blood pressure medication)
Resting Heart Rate	68



My Story

I was on the Protein Sparing Modified Fast. This was the easiest weight loss program that I was ever on. I was never hungry and the weight just kept falling off. Even though I took no appetite suppressants, I felt great and just followed the plan. The daily journal is key – it was always with me and that helped me stay on track.

I now weigh less than I have since I was 17 years old. I have more energy and it's a pleasure to buy clothes right off the rack. My family and friends can't even believe it's still me.