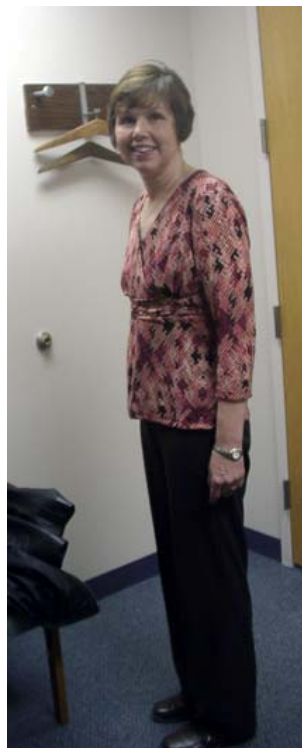


Teresa

Before:
226 pounds, size 18



After:
158 pounds, size 8-10
(I lost 68 pounds!)



I started with the Modified Protein Fast and later moved to the Exchange Plan.

When I started at Clinical Nutrition Center I had high cholesterol, high blood pressure, and was very close to being diabetic. The prognosis was bleak, change my lifestyle or face a life living on a long list of medications and the list of problems that would follow. I had lost weight over and over only to gain it back and fail again and again. Plan after plan, diet after diet!

After four months, with the help of Dr. Lazarus, my dietitian, Suzanne Boos, and the staff, I feel like I have a new life. I feel healthy for the first time in twenty years. I sleep better and wake up feeling rested. I don't have the hot flashes that have ruled my life for years. I had felt bad for so long, I had forgotten what it was like to feel good!

My husband is so happy that I'm healthy again, and the fact that I look like I did when we first got married doesn't hurt anything either. He has supported me day by day, pound by pound. Friends and co-workers want to know how I did it and say I look great. I think what made it work this time was that I finally decided to make a change in my life, not only a change in my diet. I wasn't going to do it alone this time either. Reading the materials provided by Dr. Lazarus, and Suzanne's support and encouragement helped me find out why I had failed before; what I needed to change and what to do if and when I had trouble.

No it wasn't always easy to face and I still can't say I love to exercise, but I know it is necessary and works to keep my weight maintained. I have learned to eat healthy and I like it! I don't crave fast food and useless calories and still have food that taste great. I have learned portion control, and I know that with CNC I will always have help if I need it. I will never have to do it alone again.

Thank you all.