

## NO MORE MUFFIN TOP!



*What attracted me to the metabolic weight loss program was that it was easy and the results were reported to be fast. I am a patient of Dr. Hoch for back problems and trusted her that this was a safe effective way to lose the extra weight I seemed to accumulate.*

*I learned lack of portion control and also that sugar of any kind instantly put weight on me. After looking into some hcG recipes the diet went fast. I was even able to follow the protocol when I had off from work a whole week. It was interesting that while on the restricted diet phase I had no acid reflux and even now while on maintenance that problem is a lot better.*

*I lost 15 pounds and 3 ¾ inches from my waist. I am confident that I can not only keep the weight off, but can maybe lose the few pounds I have left to reach my goal weight.*

*~ Andrea Kuzma~*