



26.6 POUNDS GONE



I have always been very conscious about eating healthy foods. I was raised to consume fresh produce at an early age and still enjoy fresh vegetables and fruits. But the last few years I must admit, grabbing processed foods like crackers or cheerios became quicker and the results showed. My sluggishness was beginning to concern me. I found walking the mall was a chore because my breathing was labored. Just recently cholesterol deposits showed up in my arteries on a chest x-ray. This news terrified me! I was already taking three different blood pressure medications. I was convinced that weight loss was not just something I should do to look good, it was important if I wanted a future.

I am so thankful for the metabolic weight loss program at Natural Health and Wellness. This program is easy for me because I enjoy the steamed veggies and grilled meats. I thought I would miss the six cans of diet pop I would drink per day, but I really haven't. I am sleeping better at night which has resulted in a drastic increase of vitality. I am thrilled that my grandkids can now think of me as the healthy, happy grandma who smiles and laughs with ease. I can walk the mall without becoming short of breath now. What's more important, I am now down to one blood pressure medicine. In one round I lost 26.6 pounds of fat. My Doctors have noticed my dramatic weight loss and are thrilled. This has been the beginning of a lifesaving strategy that I am able to appreciate on a level most people really can't comprehend. I am motivated to obtain my goal weight by springtime of this year and urge anyone who wants to increase their life expectancy to call Natural Health and Wellness and sign up now.

~ Donna Cade ~