

## PLUS SIZE 18 TO A MISSES SIZE 12



I was the heaviest I'd ever been and not happy about it. I take blood pressure medication and have uncomfortable swelling in my legs. I've tried other weight loss programs in the past and experienced bitter disappointment. My best friend suggested that I see Dr. Hoch for the metabolic weight loss program as it had been successful for her. I thought the information about HCG on the website and the seminar with Dr. Hoch was very informative.

I've noticed eating lean protein and veggies rather than carbohydrates and sugar was satisfying. After losing 20 pounds my feet hurt less and my knee pain is a lot better. Keeping up with my seven year old daughter is no longer exhausting. She is my official "diet police" because if I even look at something I used to eat she will immediately remind me that I don't eat that anymore.

In only 2 rounds I've lost 45 pounds and went from a plus size 18 to a misses size 12. Things I used to eat no longer appeal to me. I've noticed positive changes in my overall appearance. My hair and skin are healthier. This has been a life changing experience and I recommend it to everyone who would want to improve their health.

Jennifer Ladalski