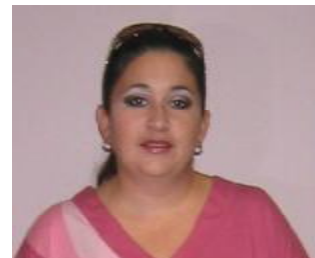


# I lost 20 pounds



Before

After

My name is Jessica Luna and I just wanted to share my story with everyone. I heard about the hcG diet through a friend of mine. One day I suddenly noticed that she had lost a lot of weight and, of course, I had to ask her how. She told me all about Dr. Hoch's hcG diet plan and sure enough the next day I made an appointment with her. I was a little nervous at first because I thought, "Is this going to work for me?" I went to a meeting first where I received all the information I needed to get started. One of the things I really enjoyed about the whole hcG experience was the fact that they do blood work before you begin and check to see that you are a candidate for this. I definitely was and was off with my hcG kit. I quickly began losing weight and could not believe that I was actually losing a half a pound to 1 whole pound per day. It was amazing because I was losing and I was not hungry. I was happy with my 500 calories a day and did not feel like I needed anymore than that. I also drank lots and lots of water. After my first treatment of hcG I lost 20 pounds and everyone noticed. In fact, my Mom got so excited by seeing me lose the weight that she decided to start on it also. It feels great to lose weight, but it feels even greater when you can lose it fast. I am

