



# My Knee Pain Is Gone!

Before



After



I have a hereditary nerve disorder called HSP. It could get bad enough that I would have trouble walking. I also take cholesterol medication and have high blood pressure. So, when I heard about this program, I just knew I'd be a good candidate.

There were many changes for me on this diet. I had to give up my diet coke habit, and I had to give up snacking. I learned to eyeball the correct amount of food and eat the proper quantity. I realized my body was used to a lot of sweets and was worried that when I was no longer on the diet I'd fall back into my bad habits. That didn't happen. As a matter of fact, I thought that having a diet coke would be harmless enough, but when I tried it, I found it to be bitter.

After losing 20 pounds, I manage my HSP because the pain I used to have in my knees is gone. After the first 2 weeks of the diet I had to go off the blood pressure medicine I was taking. After some time off I'd like to attempt another round to see if I can get to my goal weight, but for now I'm in smaller clothes and feel great.

~ JoAnn Hayden ~