

30 Pounds Gone!



I have been a chiropractic patient of Dr. Hoch's for many years. When she began offering the metabolic weight loss program I decided to try it. My weight has been a roller coaster since childhood. Food has been a social event for my family and friends my whole life. We would reach for all sorts of healthy and unfortunately unhealthy foods during happy times, sad times, and even just because we were bored. Consequently, I have been a part of many different weight loss programs. Sometimes I would have success, but would balloon back up to my starting weight when the program ended.

This diet is different. You learn how to choose, prepare, and cook the foods yourself. Weighing myself every day was something new. It helped me feel in control and essentially stay on track.

I just finished with my second round of hcG and all together lost 30 pounds of fat from my body. I physically feel great and am confident that this time I won't yo-yo back to my original weight. My body no longer craves sugar. As a matter of fact, on the rare occasions that I've eaten sugar when I was on maintenance, it made me feel uncomfortable. Food is still important to me, but I now reach for foods I deserve. Fresh fruits and vegetables and lean delicious meats seasoned the way I like. I learned that dairy, a concern I've had in the past, is not an irritant to my system like I suspected. I am happy I can enjoy dairy products in controlled portions. It's such a relief to finally know what foods help me maintain a healthy weight. I look forward to a lean, active, and productive future.

Kim Basham 9/08/2011