

55 pound weight loss



I heard about Natural Health and Wellness having a HCG program from the newspaper. I was definitely interested because of a recent weight gain. I was the heaviest I'd ever been. In the past I tried other plans and had some success with Atkins, but when the weight came back I gained even more. The more I looked into the metabolic weight loss program with Dr. Hoch, the more interested I became.

After the blood work, I wasn't surprised to discover my cholesterol levels were high. It was just one more reason to try HCG. Being on the low calorie phase wasn't as difficult as I expected. I also had the support of my family so that made it easier. I did notice that the foods I seem to gravitate to in times when I want to munch are sweets! This is something even now I find a slight challenge, especially with all the pies during the holiday season.

I lost 55 ½ pounds and 6 inches from my waist. I have a lot more energy and now I'm even thinking about finding a personal trainer and bumping up my exercise program. Something I wouldn't have been able to do without the weight loss.

I am hopeful that I will be like so many of the other people on Dr. Hoch's program and not put the weight back on. And at some point I'll be interested in having my blood work done again. It would be a great feeling to know my cholesterol levels are better. In the meantime, I will continue to eat a healthy diet, minimize sweets, and continue taking the vitamins Dr. Hoch put me on.

Tim Thompson