



Dr. Hoch & Jason BEFORE

June 2010



Dr. Hoch & Jason AFTER

June 2011

I had been struggling with a slow and steady weight gain for the past 15 years. The harder I tried to shed the pounds, the more weight I gained. How could that be? If you know me personally or professionally, then you know that I have always eaten a healthy diet, low in complex carbohydrates, free of junk foods (mostly), and that I exercised regularly. I have helped hundreds of people lose weight over the years in my practice teaching them these principles, and I did all the right things and still I could not lose the weight. I knew that altered physiology and an inability to lose weight is the very nature of Metabolic Syndrome, but despite everything I already knew, I just couldn't get my weight loss jumpstarted.

I had just about given up when I saw my friend Dr. Mayer Eisenstein. He had lost over 100 pounds on a metabolic weight loss program using HCG. He encouraged me to give it a try and promised me success. I almost passed on his advice to do this program, but I figured, "what did I have to lose, except the weight?" As I listened to his explanation of how HCG incorporated into this somewhat strict diet plan was going to work...I was secretly wondering if I could handle yet another failure if it didn't. In the end, the science of it all made sense, and the dietary guidelines, water intake, sleep and supplementation are completely congruent with what I teach my patients every day, so I took the plunge.

You may not believe me—but it was so easy!..in fact, I was less focused on food than ever before. My husband, Jason, saw my success and was amazed at how quickly and easily the weight was coming off. So impressed, that when I started my second round on the plan, he joined me.

These are pictures of us, before & after the weight loss, which only took about 3 months. Together we have lost 90 lbs!!! 50 for me, and 40 for Jason.

If you've been struggling with your weight, despite doing all the right things, if you're ready to throw in the towel, CALL ME! (708) 258-9600!!!!