

WHY DID YOU TO THE PLAN? Weight loss and possible health benefits

WHAT HAS BEEN THE BIGGEST BENEFIT you have noticed? Weight loss (23.4 pounds in 30 days and now 28 pounds in 40 days)

WHAT WERE YOU MOST CONCERNED ABOUT GOING IN TO THE PLAN, IN OTHER WORDS, WHAT QUESTIONS DID YOU HAVE OR DID YOU FEAR MIGHT HAPPEN? Hunger, cravings, failing, cost.

HOW WAS THAT CONCERN ELIMINATED OR OVERCOME--WHAT HAPPENED? The first week was an adjustment. The second week was tough (cravings, frustration). The help of weekly meetings (via phone for me) and checking in with my group daily via text was AMAZING...my frustrations were acknowledged and support was incredible! It all helped me get past those frustrations.

What did you like best ABOUT THE PLAN? The simplicity...it made my life/choices so EASY!

What has been the most impactful thing you have learned about thinking, emotional reaction, habit eating, and mindset? What was the biggest mental obstacle you have overcome? I have learned that if I'm not hungry, I don't need to eat! And, if I am hungry, I don't need to eat TWO helpings...one measured helping is enough. Stop thinking I need to eat more! The biggest mental obstacle - getting past the concept of what society calls "dinner". I'm not hungry in the evening. I'm not going to eat because for 49 years I've been told I NEED "dinner". No, if I'm not hungry, I'm not going to eat. I do need something to keep my sugars in balance overnight, but I protein shake or 1/2 bottle of Muscle Milk gets me my needed overnight nutrition and that's all I need.

WERE YOU HUNGRY? First week, yes, but also detoxing. Second week, more frustration hunger...breaking old habits and adjusting. By the third week, no hunger issues.

DID YOUR CRAVINGS GO AWAY? No, I still crave foods. I give into the cravings with modification. Satisfies the "want" for whatever it is and still stay on track! It's amazing!

Did you travel, eat at restaurants or eat at social gatherings? Travel, no. Eat out, yes. Restaurants are very understanding about diet needs. Look at the menu on-line before you go...it stops browsing the menu and being tempted!

ON A SCALE FROM 1-10, HOW WAS YOUR EXPERIENCE? Scale of 1-10, my experience was 20+!!

WHAT HAS YOUR SIGNIFICANT OTHERS/FRIENDS/FAMILY SAID? DID THEY NOTICE? Yes, especially after about 15 pounds...I can barely keep my pants up!

WOULD YOU RECOMMEND US? IF SO, IS THERE ANYONE YOU CAN THINK OF THAT WE SHOULD CONTACT THAT MAY BE INTERESTED IN DOING THE PROGRAM? I am absolutely recommending! Doing my program praise on social media...trying to reach as many people as possible!!