

Gwen Lost 22 pounds of Fat... and Is now off of all medication!

I have always been active, played softball, volleyball, ran, swam, cycled etc. etc. But menopause happened, we moved 3 times in 3 years, and my weight just kept inching up. We retired and moved to Florida where I would gain ten, lose 8, gain it back and start again. I took up tennis and firmed up, didn't lose any weight, but I did meet Dr. Chris. She helped with my tennis aches and pains, so I started seeing her for regular chiropractic visits and started reading her wellness blog as well as the weight loss information strategically displayed in her office. I attended a couple of lectures where she identified some of the real obstacles to wellness and weight loss. I was intrigued.



She explained that maybe I wasn't eating enough and started me on a plant focused diet and a food journal. Amazing, I ate more and actually lost a few pounds. We were on to something big.

Then Dr. Chris held an event at the office to give her patients an overview of all the services she offered in addition to chiropractic care. Part of the evening was devoted to an explanation of the metabolic diet. Eureka! A diet with guaranteed significant weight loss in only thirty days. I was sold.

Easy peasy, get up, weigh, take the HCG, take the supplements, eat lunch of protein and salad and an apple, eat dinner of protein and salad, supplements and an apple. Drink lots and lots and lots of water. Repeat for 30 days. I wasn't hungry and I wasn't cranky. It's true that I did miss that evening cocktail, but watching the weight fall off made it all worthwhile. I didn't need to sweat it off, it just fell off. Spectacular.

I finished the metabolic diet program with Dr. Hoch with great results. I lost 14.7lbs and kept it off for several months. I was happy and my cardiologist was amazed. I felt great and looked great, but I was not at my ideal weight and I admit that was bothering me. So, recently I decided to revisit the situation with Dr. Hoch.

She was confident I would have no problem with a second round of the metabolic diet and encouraged me to go ahead and achieve my health and fitness goals. Well, the second round was much easier in several ways. I had no apprehension since I had done it before. I took Dr. Hoch's advice this time around and did not work-out or play my usual maniac tennis, so I wasn't feeling "worn out". I was generally confident that I would be successful. I knew the drill.

Eureka, the pounds fell off as promised. All told: -22 pounds on the scale, -23 pounds of fat and +1 gained a pound of muscle!! 60 days later.... I feel fabulous.

Compliments abound, my cardiologist is still incredulous, and I can run faster and jump higher. Well, maybe I just want to run faster and jump higher. Anyway, I encourage all who ask about my weight loss to give Dr. Hoch a call. If I can do it, so can you!