

# I lost 12 pounds in just 3 weeks!



I just wanted to trim my waist and **flatten my tummy**, and in just 3 weeks, I did it!

I have been going to Dr. Hoch for the past 6 months for adjustments on my neck and lower back. I started care because I was experiencing terrible vertigo and the adjustments really helped. I also was having some tingling and pain in my foot. I thought the pain in my foot was residual from the surgery I had to remove a neuroma, but it turns out it was coming from my back! I play a lot of tennis and it seems like more and more this causes my body to get out of alignment. When I first started care, I never knew what a simple adjustment could do for my overall health. During one of my visits, I saw a brochure on the HCG Weight Loss Dr. Hoch offers. I had never before thought about doing a weight loss program because I always felt that the quick/fad diet plans didn't work. It seems you lose the weight and then you go around your normal day to day life and the weight comes back. I have always felt that you must eat healthy and be able to eat the same foods after the diet. But, after turning 50, I gained about 12 pounds and no matter what I tried I couldn't lose it – not even a pound: I tried cleansing, paleo, you name it and nothing was working. I decided to speak with Dr. Hoch and try her HCG Weight Loss Program. It was the EASIEST diet plan that I have ever done! Dr. Hoch was great! She explained the diet step by step and gave me great ideas on how to keep it simple, stress free and enjoyable. I lost those 12 pounds in LESS than 30 days and have maintained my weight very easily ever since. I highly recommend this program as a healthy way to lose weight and maintain that weight in everyday life. Thank you!!!