

6/23/17

Hi Tonya,

I went on the plan to reduce the appearance of my stomach. I thought I could lose 10 lbs. and get that to make it look flatter.

The biggest benefit for me is that I no longer have night sweats and I no longer have problems getting to sleep. There are many other benefits I experienced, but the restfulness was the biggest.

The biggest concern I had going into the program was, "how can I reduce my food intake and yet feel no hunger?" I was sure I would feel hungry all the time. That was not the case at all. My body feels fine with the amount of food I intake.

At the end of the 30-day program, I took a look at the before and after pictures. WOW!!! That was a shocker...

The most impactful thing was that I have always been a sweets eater. I have never even tried to diet before. I hated water. This plan made me look at those obstacles right in the eye. I couldn't have 10 cups of coffee and sweets. I had to drink 64 ounces of water.

Now I love water. I get up in the morning and I look forward to what that scale is going to tell me that I weigh. It is great!!!

As for hunger, I wasn't hungry. If I got hungry throughout the day, I would eat a little bit more of a healthy food and drink more water. That was enough to overcome any intra-meal hunger.

I still have cravings, but now they are healthy cravings. I eat off the Fast Track 20-30 menu.

I took a trip to Utah for one day during the program. I knew I could not just order "off-the-menu". I ate a hamburger patty with tomato, onion, and lettuce for lunch which is the only meal I really had to worry about.

I would rate this plan a 10. The coaching and support Tonya gave me

was a welcome encouragement. Without that, I wouldn't have been able to do it.

Other people that see me regularly (haircut, nails) can see the weight loss. My wife has also made many comments about my weight, especially as it got close to last days of the program. :)

There are people I will definitely refer to the program. The first non-friend/family member was someone I was doing business with over the phone. His name is Arthur. I hope he is able to join the program very soon.

Thanks for allowing me to share my experiences. I hope I can be a great reference for the program to men and women that need help improving their health so that they can live a long and healthy life.

Warmest Regards,

Rich V.