



**Nancy**  
**Before: 141**  
**After: 130**  
**11 POUNDS LOST**

**Keith**  
**Before: 244**  
**After: 204**  
**40 POUNDS LOST**



It took two trips to the hospital for Keith and Nancy to re-think their future and do something about it.

"I was an overweight, tired lazy firefighter who weighed 244 pounds," recalls Keith. "I had high blood pressure and high cholesterol and ended up having an angioplasty at 34 years old." Nancy remembers her husband's weight problems all too well, "It was like, 'You lose weight or you're going to die.'" Then they discovered this weight loss program.

Following the program, Keith was able to transform his body and his health. He started during the feeding-frenzy of the holidays and was encouraged by how much weight he lost between Thanksgiving and Christmas. "Five months later I was able to quit blood-pressure medicine that I had been taking four times a day for eight years," rejoices Keith.

Continuing his daily regimen of weight loss products as well as eating the right foods and exercising regularly, Keith is now "loving every day of life" at a stunningly sculpted 204 pounds. "Now I can swim 70 laps in 33 minutes," he says. Keith also has plenty of new pants. He's gone from a 44 to a 34 inch waist! And one other important change: "At the fire station, people see me now and say, 'I have to know what you're doing!'"

A self-described "worn-out mother of four with daily headaches," Nancy stood by her husband during his weight loss efforts – but she didn't stand still for long. She started using the products to "lose 10 stubborn pounds that wouldn't go away for 19 years." In just one month, she lost the weight. "I'm at my eighth grade weight now," gleefully exclaims Nancy. "I now share clothes with my 18-year-old daughter and shop in the Junior's section!"\*\*

\*\* The weight-loss testimonials presented are applicable to the individuals depicted and are not a guarantee of your weight loss nor are they typical.