

I'm writing to thank you for recommending the Paleo cleanse to help kick start my weight loss. I have tried every diet imaginable with limited success. I was starting to give up and felt I would be overweight forever. I carry my weight around the middle and so always had trouble getting pants to fit comfortably. Your body fat analysis was very telling and showed how unhealthy I really was. This cleanse gave me immediate results which kept me motivated. The most surprising part was how easy it was. With 2 snacks and one meal in addition to the 2 shakes I was never hungry and didn't feel deprived. I felt great and even wanted to keep going once the 2 weeks were finished. I lost 8 pounds in 3 weeks. But most of all I can't say enough about how good success feels! To feel in control again, feel more comfortable in my clothes and receive compliments on how good I looked was unexpected. This cleanse gave me renewed confidence to keep going with the healthier food choices I am now making.

As a coach you are very matter-of-fact about what needs to be done and you make it sound so easy to change habits. I'm still struggling with the exercise but that will come with more focus. I can't thank you enough!

Best,

Vickie