

"I can't believe that used to be me!"



I started Ideal Protein on October 18, 2010. I had done other diets in the past, Weight Watchers, Simply Weight Loss, and LA Weight Loss. I had lost then gained all of it back and then some. I learned from Revitalize about Ideal Protein and wanted to start, but didn't want to fail like the others. I wanted to see how Gayla did on her journey, so a year later, she still kept off her weight, so I joined. I have lost 61 pounds. I went from a tight size 14 to a size 4!! I still can't believe it when I type it. I was pre-diabetic and within 3 days of starting IP I didn't get shaking and jittery when I got hungry like I had before starting IP. My blood sugars are now within range. My stomach feels wonderful now. The food tastes good and it takes out the guess work of what to eat from day to day. I still make normal foods for my family, but I made the choice to stick to IP and I will be able to eat those foods again someday, just in moderation. I would complain to my friend that I was sick of being fat and she said to me, "When you're ready you'll do it." So I did and recommend it to anyone.

Amy S.
2-24-2011