

Helena's Story

I changed my life this year without dieting!

At 226 pounds, I knew I needed to lose more weight, but I had had a baby 2 years ago and didn't really see myself as a fat girl (clearing my throat here). Sure, I had been obese and a smoker since age 16. I even realized how physically and emotionally tired I was all the time. But my husband didn't speak up and always answered "no" when I asked him if he thought I was fat.

One day at a friend's house, I saw a reflection of myself, and it hit me. I wondered, "Who is that lady with all those rolls of tissue? She can't even sit up straight even though she is all the way back in the chair. What happened to me? Where did I go? Oh my gosh, I'm fat!"

I had delivered my boy weighing 289 pounds, but I just couldn't lose anymore weight. Diets never worked for me. But I knew I had to do something. I am 31 and a mother of 4. My family needs me, and they need me healthy. Yet, I couldn't seem to resist the soda and chips or the greasy delicacies and extra large cup of calories at the drive thru that I loved. It was depressing and awful.

Miserable and complaining one day at work, some people told me I just had to talk with this nurse named Phil to find out about his book "**The ANTI-Diet.**" Even though I knew diets didn't work for me, this sounded different. I read the book and started following the program. Wow, did it ever change my life!

It was so easy; I couldn't believe it. There was no need to spend money on diet pills or other things that never worked for me, and best of all, it really worked. There are others I work with who are also following the program, and it's working for them too.

Within 2 weeks I was even able to leave my 2 old friends, cigarettes and soda, behind. They didn't easily let me forget them; the withdrawal gave me headaches and other symptoms. But, I followed the plan, and it all went away in a few days. Next, I found it easier to start drinking water, substitute fish for red meat, whole wheat pasta for white pasta, and sweet potatoes for white potatoes. Miss Soda Addict was drinking water instead. Can you believe that?

Here I am, eating every 4 hours, not feeling hungry or deprived, and I have shed 38 pounds and 6 pant sizes in 11 weeks. Better yet, I feel GREAT! I'm not thin yet, but I continue to lose weight and get healthier. I know I will be there for my kids and their kids. I am now a follower for life! I am so grateful it brings tears to my eyes.

I don't want to sound like an infomercial, but the ANTI-Diet really works. It really is empowering and revolutionary. It has been so easy to follow, and it seems like the bad foods and habits have been almost effortlessly replaced by good ones. I just had to be ready to change and to follow this simple program.

It's not a diet. It's the ANTI-Diet, and for me, it has been a lifestyle change that has changed my life. If you are ready for a change, please use this program and join all of us who are transforming our lives. Aren't you ready for a change?