

## TESTIMONIALS FROM THE ANTI-DIET USERS

“Wow, this has changed my life! It was depressing and awful (before)...but now I feel GREAT! This simple program really works...almost effortlessly I am down 6 pant sizes and 38# in 11 weeks.” *H.C.*

“From the moment I started on the plan, I loved it! Who doesn't like to eat every 3 hours? Recipes and food are fantastic. The plan lets me eat foods I like. The Power Hour lets me have plenty enough to eat that I am NOT hungry the rest of the night. This from a person who ALWAYS sat down to pretzels, popcorn, or cookies in the evening. If it was crunchy, I was eating it. Right from the beginning of the plan these cravings were gone. I am so satisfied after Power Hour I didn't need anything else.”

*K.K. (Shed 5# first 3 weeks)*

“Two paragraphs into chapter 8 I started crying because everything written in these chapters was what I needed to hear at the exact moment. I have been praying to be able to stick with these lifestyle changes and reading your book at my lowest point was just what I needed. Thank you for making me feel invigorated and motivated again.”

*L.P. (Shed 12 pounds in first 7 weeks)*

“I think I am doing pretty good on the plan...and have gotten past the craving for breads...and full sugar soda pop. Here is a copy of my weight chart.”

*K.C. (Shed 10# in first 3 weeks)*

“I have lost 5 pounds (in 2 weeks), which is pretty good since I was gaining weight on a regular basis when we first talked.” *S.J.*

“Like you, I have tried hundreds of diets....I am inspired by your book.” *N.S.*

“The recipes alone are worth the price of your book....great!” *C.C.*

“Compelling, and makes perfect sense, even though I'm no medical genius! I appreciate that your plan provides me with not just the 'how' but the 'why' of what I will be eating, how much, and how it is being used in my body. I feel like I'm getting an education in human body biology 101!”

*M.S. (Shed 24# in 10 weeks)*

“It's really a miracle, just like you said. Cravings for bad foods have just disappeared.”

*Lizz*

“I love the Popeye Soup. That recipe alone is worth the price of the book. Wow!” *V.M.*

“I started the eating plan 2 days ago and I feel GREAT already!” *S.S.*