

Have you ever had so many things going wrong in your life that you stop taking care of yourself and put yourself last? That seemed to be the only thing that I was succeeding at. In September 2002, I had my first and only child. The pregnancy was rough and I had toxemia which helps you put on extra water weight in addition to all of the lovely pregnancy weight. The last time that I stepped on the scale at the doctor's office I weighed 207 pounds! I am only 5'2" so you can image what a sight I was. After a while I was able to lose most of the weight. But as time went on, my son got sicker and sicker and my marriage was failing at the same time. Before I knew it, I weighed 176 pounds and this time I wasn't going to have a little boy to show for it. I was fat, miserable and depressed. A friend of mine had the courage to send me the link to TSFL in one of those "you don't need to lose weight, but if you want to" kind of ways. I read over the information and figured that any diet that didn't include exercise was worth a shot. But what I didn't realize was that it wasn't a diet, it was a change in lifestyle. I started the plan on June 29th and haven't strayed from it since. As the weight started to vanish and my coworkers started to notice, my self confidence and self worth began to increase. I have lost 52 pounds to date and hope to reach my goal of a total of 61 pounds in February. I have gone from a tight size 16 pant to a loose 4 (I even have a few pairs of size two's); my shoe size has gone down a whole size and for the first time since high school, people are referring to me as petite. I even plan on wearing a bikini this summer. My health advisor has been invaluable along the way. She has helped to lift me up when I reached plateaus and encourage me the whole journey. I have gained back my energy, self confidence and most importantly a longer life to spend with my son.



June 2005



January 2006

Jenni

Age: 28

Weight Loss: 52 lbs.

