

My journey began back in April of 2010 when a friend told me about Dr. Randy and his wife Karen. Maria had already lost about 50lbs. on their diet and was looking and feeling great. I made an appointment and met them the following week. The diet sounded a little strange but since I had seen such great results I had already made up my mind that I was going to give it a try. The plan is very limited but also very simple, there is no weighing or measuring or calorie counting like on most diets which made it simple to follow and very easy to plan meals. My first week I lost 10 lbs. and from there I lost an average of 3 lbs. a week. By Christmas of 2011 (8 months) I had lost over 100 lbs. After a year of being on the diet I have lost over 120lbs. and never felt better. As I lost weight my blood pressure went down and my self esteem went up. Dr. Randy and Karen provided so much support and encouragement throughout my journey which was key in keeping me on track. The Slim-all was very affordable especially when compared to some diet supplements or needles that can cost thousands! I am so grateful and incredibly thankful that I was introduced to Dr. Randy and Karen, without them I would still be 125 lbs. heavier and not near as healthy and happy as I am today!

Sincerely,
Rhonda

