


# Lose Up To A Pound A Day And Keep It Off!

**My patients are losing 5-7 lbs. a week, using my safe, effective, non-stimulating, all-natural weight loss program.**

*"I've never seen anything like this in 20 years of practice! Patients are losing a pound a day and feel great!"*

**One patient of mine lost 29 pounds in 30 days.** His blood pressure before the program was high but controlled with medication. After the program his blood pressure is now normal with no meds, his chronic aches and pains are now gone, and he has no acid reflux. Before the diet his total cholesterol was 257 (>200 is considered normal) and his triglycerides (blood fats) were 216 (>150 is considered normal). **After the diet his total cholesterol level fell to 187 and his triglycerides are now a healthy 80!**

**Here are some more amazing results my patients have experienced ...**



- Sally R. lost 20 pounds in 28 days, cut her diabetic medication in half, stopped her pain meds for arthritis, and has no more reflux.

- John M. age 50, extremely overweight, chronic inflammation and pain - lost 34 pounds in 40 days and reduced his pain to the point where he says, "I hardly give it a thought."

- Jean P. lost 14 pounds in 18 days and was able to stop her blood pressure medication, feels great, more energy, and more mental clarity.

- Amy M. lost 18 pounds in 21 days.

- Vicki B. dropped 2 dress sizes in 2 weeks

- Christy B. has lost over 20 pounds.

- Patty S. lost 18 pounds in 3 weeks.

- Maria J. lost 24 pounds in 28 days.

## Are You Tired of Yo-Yo Dieting?

Are you tired of yo-yo diets, long-term low calorie diets, and fad diets? You know the diets where you lose weight initially, then after a couple of weeks you hit a plateau, stop losing weight and then actually gain more weight than you lost. Low calorie and fad diets cause your body to think it is starving and this shuts down your metabolism. Your metabolism is what controls how well you burn calories for energy. A low metabolism will cause weight gain. If done incorrectly dieting can actually cause you to suppress your metabolism leading to more weight gain. Have you done the low carbohydrate diets - Atkins, South Beach, etc? These diets put your body into ketosis, which burns muscle as well as fat. Burning up and losing muscle is not a healthy thing to do. My program doesn't cause ketosis and instead burns yellow fat or unhealthy stored fat, not muscle. Yellow fat is found around your belly, thighs, buttocks, and back of arms. It serves no purpose other than to store unhealthy toxic and inflammatory chemicals.

My patients are losing up to 5-7 lbs per week on my program.

Ask Karen if you qualify for the Jump Start Natural Weight Loss Program.

Reset your metabolism & burn the abnormal yellow fat.

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