Dear Serena,

After only 10 days of doing your program, I wanted to write this letter to you.

I was at the end of my rope. I was eating myself to death AGAIN! Food (and not the healthy kind) had become my best and only friend. I was in despair mentally and physically. I was so depressed that I didn’t even get out of bed. When I did, I just sat in my recliner/liftchair. My life was full of loss… the death of my mother, the loss of my job and career, the loss of mobility, the loss of my health (physical, mental and emotional), and loss of all hope. I could no longer stand in the bathroom to brush my teeth, let alone stand in the kitchen to cook my meals. My meals were microwave popcorn and microwave baked potatoes with cheese.

My therapist knew I needed help and recommended you and your program to me. I hesitated, not only because of the cost, but because of my embarrassment to admit that I, also a therapist who had lost over 250 pounds after my gastric bypass surgery, was eating myself to death AGAIN!

You immediately reached out to me and explained your program to me in a very kind and patient way, without shaming or blaming me when I admitted that I had gained almost 150 pounds. I was so hopeful about your program of natural supplements with your private consultations that I borrowed the money to pay for your program. After a couple of days of preparation, I began my journey with you. Then a miracle happened! I lost 15 pounds in the first 4 days! And 20 pounds in the first week! Following your program and communicating with you daily, whether by phone, text or email has been a God send to me. I am now walking to the kitchen and standing to cook healthy foods in your program. I am also learning how severely my body was inflamed and close to some serious health issues.

You have saved my life! I can’t thank you enough for helping me. I simply follow your program everyday. I now have hope that I can feel good again. I just turned 60 but felt like I was 90! I had resolved myself to believe that this was as good as it gets. Well, it isn’t! You and your program have given me a new life! A healthier life! A happier life! I can’t wait to get the results of future blood work to see the positive changes in my A1C, glucose, cholesterol, etc.

Again, I can’t thank you enough Serena. I now realize how my health,  physical, mental and emotional, is worth every penny that I invested in your program!

Thank you for caring about me and my health,

Beth W. In West Virginia