



2013

2014

"I had gotten to the point where I could no longer sit or walk for more than 10 minutes at a time. Diabetic, Hypertension, Depression, Anxiety, Obstructive Sleep Apnea and joint pain are a few of the conditions I was diagnosed with. I lost 42 Kg in 12 months time. The life threatening ailments are now gone!!! I not only lost the mental, physical and emotional, and spiritual weight on my life, I was transformed to a new way to live. Food is no longer my security blanket but through management and maintenance it's here to help me stay healthy and alive only."