

*"My outlook on life has improved tremendously."*

## 44 Pounds Lost



### **Plagued by ill health**

Patsy Burnett was suffering from a long list of health problems that were growing worse as she continued to gain weight. "I had low blood sugar so I had to eat six times a day," Patsy explains. "But all that food was making me gain weight. It was a no-win situation."

### **Following doctors orders**

Hypoglycemia wasn't Patsy's only problem. She also suffered from fibromyalgia, high cholesterol, hot flashes and a hiatal hernia. Her doctor told her that if she lost the weight that had crept onto her small frame over the last few years, her health would likely improve. She set out to follow the doctor's orders and in the end she got more than she bargained for. "I lost weight, improved my health and was able to go back to work," she says.

### **Turning her health around**

After seven months of following the Thermojetics® Gold High-Protein, Low-Carb Program, Patsy lost 44 pounds and dropped from a size 16 to a size 8. Not only that, she has succeeded in keeping the weight off for more than a year. But best of all, Patsy says, is that she has been able to reduce the number of medications she is taking. "The doctor gave me a clean bill of health," Patsy says. "I never have the 'sugar drops' I suffered from before, and I also have tons of energy."\*

### **Fit Facts**

**Food diary:** Two Thermojetics® High-Protein, Low-Carb Shakes a day and two small meals, which generally consisted of fish or chicken and vegetables and salads.



**Key motivator:** "My back hurt, my health was in bad shape, and I really wanted to feel better."

**Diet tip:** "The products work. Look at what they did for me."

**Favorite "thin n' fit" activity:** Walking. "I love to get on the treadmill or head outside."

**Before: 159 pounds**

**After: 115 pounds**