

Hi,

My name is Justin and up until last year I weighed in at an unhealthy 147kg. I would sit at home on weekends and not venture too far from the couch because I didn't want to be in public too often. My weight also contributed to me having to have a hernia operation. The final straw was at Christmas time when I saw myself on video and realised that enough is enough. I went to see Dr Nicholson who put me on Dr Macleod's weight management system. I thought that it would be very hard but once you get through the first 3 days it all becomes easier and once you weigh yourself after 2 weeks and realise how much weight you lose your determination is strengthened.

I now have a very healthy zest for life. I no longer drive my kids to the park and watch them.....I now walk them to the park and engage in their horseplay. I have tons of energy that I never had previously and go out whenever I want. All I have to remember is moderate intake and exercise is the key to success and health. In my line of work as a sales rep for an ice cream company all my clients are amazed at my weight loss and I have more confidence in approaching new customers.

I hope that my story can help you because I have been there and know the emotions that you feel as an overweight or obese person. This is not just a diet.....it is a change in your way of life.

Regards,

Justin Scharneck