



LOST
8.8 lbs

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I Have Always Had An Obese Physique

Since the fourth grade in elementary school, I was much fatter than other children in my age group. I have always had an obese physique. After coming to the United States, my bodyweight ballooned more than 20 lbs within a year. I thought that I controlled my lifestyle well, but actually my body weight was out of control. I often ridiculed myself saying that I put on weight just by breathing. Although obesity was a problem for me, I didn't have any intention of losing weight.

In February of 2011, I participated in Dr. Hsia's nutrition seminar. All of us were asked to list what we had eaten for breakfast. We discovered that many people didn't eat anything for breakfast; others ate an inadequate breakfast, or ate a breakfast with too many carbohydrates. Then Dr Hsia taught us how to apply the Taiwanese Weight Loss Program in the United States. Here we learned how to develop correct food habits, achieve better health, and reduce our bodyweight. My doctor also warned me that my blood sugar index was elevated and I had already reached the diabetes initial period. Blood sugar medicine was requested. In March of 2011, when New Health promoted their weight loss program, I was debating whether or not to participate. Reluctantly, I signed up for the first session.

I received "7Treasures" which consisted of Green Barley Powder, Flora Rich, Fiberry, Iron Plus B+C, NH Lecithin, NH NutraRich Drink, NH Protein Powder, and a "Weight Loss Diary". I didn't have any confidence about achieving my goal. After reviewing the diary instructions, I decided to choose "7Treasures" as a dinner replacement, and pick up jump rope as my daily exercise. I put all my effort into winning the medal. In the very beginning, I completely followed the diary instructions. Breakfast and lunch were balanced meals and included carbohydrates, protein and vegetables. All my coworkers teased me. No one else ate such a big portion of food in the morning. It took me a long time, almost one and one-half hours to complete one meal by chewing carefully and swallowing slowly; which made my gums painful for a week.

While driving home after work, I was always thinking about what to eat. Should I have my favorite steamed pork dumplings, noodles or rice? In the end however, it was "7 Treasures" and 1.5 servings of vegetables as the dinner meal in the end, which made me worry a little bit about being too hungry to fall asleep. A week passed and what I worried about never happened; and amazingly, I lost 3 lbs which enhanced my confidence to lose more. Unfortunately, more and more obstacles came from people around me. My husband teased me saying, "I didn't know how to enjoy life!" and my friends got mad whenever I turned down their invitation. They even set up traps to entice me. I overcame them one by one and reached the goal, at first losing 6 lbs, and then 2 more lbs. Nevertheless, negative thinking tried to knock me down again. I'd been told the more rapid the weight loss, the faster the rebound effect. This convinced me to stop taking "7Treasures", but still kept the principle of dining: eat a luxury breakfast, a full lunch, and less at dinner. After a month, I maintained the same weight. I found "7 Treasures" changed my body and metabolism, and kept me away from high calorie food, such as my favorite steamed or fried pork dumplings. I won the championship in the final by losing 8 lbs. During my weight loss period, I took one tablet of GlucoHealth daily, so my blood sugar index was back to normal after three months. My family doctor told me I didn't need to take any medicine to control the diabetic problem. I proved Dr. Hsia's concept: proper dining habits double the effects of health and weight control.

Since last May, my weight hasn't rebounded and I have become much healthier. My friends recognize my accomplishment. I'd like to share my personal experience with New Health products; I have found them very effective, safe, and reliable.

