

To Rose and everyone:

This program has saved my life!!! Not just the measurable things like blood pressure and cholesterol. Both of mine have improved tremendously. I'm really talking about the things that used to exist in my own hell.

You see, I have an eating disorder. I can't yet say I HAD an eating disorder because it has tried to rear it's ugly little head. I have been successful in keeping control of myself and am very grateful for that.

I have had an eating disorder for many years. It is only in recent times that these sorts of things have been discussed in the open. It was just a few years ago that I realized that my behavior was abnormal. And like so many others I was ashamed and embarrassed and therefore didn't seek help. It wasn't until I realized that I was so out of control that I was afraid to go to sleep for fear that I wouldn't wake up - it was then that I tried to find help. I felt so alone and isolated. It seemed that there was no help anywhere.

I struggled for 5 + years to get myself under control. The more I tried the worse things were. I have tried everything from fasting to self-hypnosis. Nothing helped more than just short term.

Finally, while surfing craigslist, I came across an ad for the Hcg diet. I sent an email and dear Rose answered. She was so positive and was sure that I could lose the weight. At that time she was not aware of the real underlying cause. I tried to justify not going, and then going to see Dr. Kamin I still tried to tell myself that it was just for information. And before I knew it I was paying for this program. What had I done?

You see, it was just a short time ago that I realized I had been molested as a young girl. And now I was spending money on something like this!! I had bigger issues than my weight, how is this going to help?

And the most amazing thing has happened. Not only did I lose 33 pounds in 41 days, I lost nearly all of the compulsion to use food to medicate myself. I no longer feel the need to hide. To hide the little girl whose childhood was stolen many years ago. I have finally found that I can face the things that have happened without fear or anger. All of which had been directed at me.

There have been 2 times that I have overeaten since the end of my first program. The most remarkable thing is that for the first time in my memory I can control myself. Yes, I have overeaten, but most importantly, I have recognized that I feel very too full and have stopped. The exciting thing was that the next several days I was able to only eat the things I chose and that were good for me and so no weight gain and therefore no self loathing.

I am under control 99% of the time. My weight has remained stable. I am looking forward to my next round in this program. I am confident that my eating disorder will be completely under control after this. I finally have respect for myself and my need for fuel. I am able to eat things that give me good quality fuel. I am able to recognize the danger in eating junk food and so I avoid it. I sleep soundly, no nightmares, and I have energy.

I am healthy - for the first time in my life I can say that. And I am grateful. I have a new life. I'm not afraid that I'll wake up dead. This program has helped me realize that I have value and that it's mine to enjoy.

This program will change your life, for the better, even if your issues are not the same as mine. Don't be afraid - step forward and embrace the new you - you are worth it.