



**Name: Sandy G.**

**Age: 47**

**Original Weight (Jan 2010): 215 lbs**

**Current Weight (Jan 2011): 145 lbs (-70 lbs in 1 year!)**

The last twelve months have been an incredible journey for me! I honestly never thought I would be slim after all the failed attempts over the years. My name is Sandy, and I have been obese for the past 20 years.



I've tried just about every "diet" out there, and they all failed in the long run – I was unable to maintain a way of eating that was unnatural. I remember one where I would eat chicken and broccoli at every meal. I would "bite the bullet" and do these programs long enough to lose 10-15 pounds, and then I'd quit. It was pointless, the constant trying to gear myself up for weight loss, pick a program I hadn't tried yet, and hope beyond hope that I would succeed.

When my husband suggested I try a nutritionist, I thought to myself "I know how to eat healthy, what is that person going to tell me that I don't already know?" When I made my first appointment with Dr. Andrick, I already had it in my mind that I was going to order Nutrisystem because it was yet another "magic"

program that hopefully would work. I must say that in that first appointment, followed by going to the Making your Weigh classes, my thinking about food changed. I remember Dr. Andrick asking what I was going to learn by getting my meals delivered to me in a box. I soon found out that her knowledge and expertise of what food did to either nourish your body or sabotage your efforts were invaluable.

Through this journey I discovered several things about myself. First I was/am an emotional eater, and have to utilize other methods to deal with those emotions for my health. The thing that really kicked me into gear was discovering through the initial bloodwork that I was pre-diabetic. I remember crying all the way home from that appointment, and making a choice to change what I was doing. It sometimes seems surreal how fast the 75 pounds came off!

All I can tell you in your journey is that if you follow Dr. Andrick's words of wisdom, go to all the resources available through Weigh to Wellness, and prepare yourself to learn more about nutrition and food than you ever thought, then you too will be in a very different place this time next year. It has been exactly one year for me, and I continue to see Dr. Andrick to learn and tweak what I'm doing so that I can enjoy the health and energy that I didn't have before. It has truly been a life changing experience for me, and I wish you all the best in your journey in 2011!

Sandy G



