



Summer 2008



11 weeks later and 15.5 pounds lighter!

New Woman in Less Than Three Months!!!

I was always one of those lucky people who could eat like a truck driver and not gain weight. However, all that changed as I approached 50. I found that as I got older, it became more difficult to control my weight, and I found myself trapped in a body I hated. When I reached my all-time high weight in Christmas of 2007, I decided I needed to do something about it. In January 2008, I joined a women's fitness club and worked out 5 to 6 times a week and watched my diet. In 4 months, all I managed to lose was 8 pounds. From May through July, I decided to go back to just watching what I was eating and taking an occasional walk. Because I was consciously trying to diet, all I could think about was food. I was ravenously hungry and snacking constantly. To my dismay, I only lost 1 pound over the next 3 months.

After 7 months of losing only 9 pounds and being stuck at a plateau for almost 2 months, I received a phone call about the Power Pops. Since I've been in nutrition for 12 years, I researched the ingredients and made sure they were all-natural and safe. The Power Pops sounded too good to be true, but I thought I might as well give them a try since I had already failed at just about everything else.

I started using the Power Pops weight loss lollipops on August 12 and today, October 30, I am 15.5 pounds lighter! This has been the easiest and most effective weight loss program I have ever experienced. I have a delicious Power Pop approximately 30 minutes before each meal with a glass of water and I follow it with another glass of water. I am satisfied with about half the food I would normally consume during a meal. I don't crave carbs or sweets because those cravings are satisfied with the Power Pops, and I don't want the in-between meal snacks. The fat is coming off in the right places. I have a high energy level and am not fatigued the way I have been on other programs. I have not been exercising at all since starting the Power Pops, but I know exercise is important, so I plan to start walking and visiting the gym again.

To give you an idea of the pace of my weight loss, below is a chart with my weekly results:

Week 1 - lost 2.5 pounds	Week 5 - lost 2 pounds	Week 9 - lost 2 pounds
Week 2 - lost 0 pounds	Week 6 - lost 0 pounds	Week 10 - lost 1 pound
Week 3 - lost 1.5 pounds	Week 7 - lost 3 pounds	Week 11 - lost 1 pound
Week 4 - lost 2.5 pounds	Week 8 - lost 0 pounds	15.5 POUNDS LOST IN LESS THAN 3 MONTHS!!!

I am happy to say I have arrived at the target weight which I truly never thought I would ever see again. I have gone from a size 8 to a size 2 and finally feel like myself again! Because of my amazing results, I have decided to market the Power Pops, so please contact me if you have any questions or if you would like to get started on your own "Before and After" weight loss success story!

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