Thriving Proof Testimonial Dawn M Transcript

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Struggling With Weight and Low Energy

Before I started Reset, my health was terrible. I was always on this roller coaster ride to find the answer, to be able to lose weight and to feel better and not lethargic at two o'clock in the afternoon.

I went from program to program. I did everything I could to lose weight. Jenny Craig, Weight Watchers, and I couldn't do it and then all of a sudden I just went off and it just was terrible for my health.

Food Feels Like an Enemy

all kinds of little things to eat that were a process that just made me feel terrible and they never were the answer and every time I finished I was right back where I started and I never felt better on any of the programs that I did.

My relationship with food turned into food was my enemy. I hated food. not eat. I hated the concept that I had to even eat during the day. It was something I have to face every day, and it was what I can eat, what i can't eat what, I'm supposed to eat when I am not supposed eat and, it's just a continual battle.

When I started Reset, It's was amazing. The very first day I start Resets, a simple, controlled program.

Reset Brings Relief and Control

I was not hungry whatsoever. i ate my first meal and i was like this is great. I wasn't craving, I wasn''t desiring things I know that would make me feel unhealthy or bloated or I just I My second meal, I ate it and then it was like I was done.

There was no struggle, there was not fight. Besides losing weight I've experienced the freedom that food is not my enemy anymore. Food is there to nourish me and I can do it with joy.

I could choose the right foods.

Craving Better Food and Feeling Better

It makes me feel like a better person. I absolutely love what I eat now. I've tried to go back to the other things that I used to eat and I taste it and say that, I don't like that.

And I actually am craving better food now I'm craving things, that make me feel energetic that don´t make feel tired and look for things just will improve my day.