Struggling With Health Issues

Before working with Jen, I struggled with anorexia, inflammation in my joints, constant fatigue, and severe hormonal imbalances. No matter what diets I tried or pills I took, I couldn't lose the weight and it felt like my symptoms just kept compounding.

I was on a chemo medication for my inflammation and began to lose my hair.

Finding Relief With the Reset

It felt I didn't even know where to start. With the reset, i was able to reset my metabolism, lose 73 pounds and gain my energy and confidence back. It helped fix my mentality around food, the inflammation went away, and I felt like myself again.

It was such a simple program, but was extremely effective in helping me get back on track.

Life-Changing Results and Recommendation

I would recommend the reset to anyone who may be struggling with losing weight. it really has changed my life for the better.