

57-YEAR-OLD FEMALE DOWN 44LBS IN 1.5 YEARS



BEFORE MEASUREMENTS

Weight: 182
Pant Size: 33

METRICS:
AGE: 57
HEIGHT: 5'6



AFTER MEASUREMENTS

Weight: 138
Pant Size: 27

Q&A:

Q: WHAT WAS LIFE LIKE BEFORE STARTING THE F-FACTOR DIET?

A: I was very unhappy with how I looked and felt, and didn't have the energy I once had. I did 1 hour of cardio every day and I was still gaining weight. I hated shopping for clothes. I'm in sales and my appearance is important. I was having trouble finding clothes that were flattering and didn't make me feel old and frumpy. I wasn't happy with how I felt and I just couldn't get control of my eating.

Q: WHAT INSPIRED YOU TO MAKE A CHANGE?

A: I went for my annual checkup and my doctor told me I had high cholesterol and that I was borderline diabetic. That scared me and I knew I had to do something before things got even worse.

Q: HOW DID F-FACTOR HELP YOU LOSE WEIGHT?

A: I skimmed through the Miracle Carb Diet Book and I thought it made sense. I called the F-Factor office and I scheduled an appointment to start working with Shana, a Registered Dietitian there. I was skeptical but I listened to Shana tell me about the program. She was warm and positive. We discussed my goals and expectations, and ways to increase my fiber intake. I told her about my lifestyle and we came up with a plan for me that would fit into my schedule. I was so surprised at how easy it was for me to follow the program. I'm never hungry and I never feel deprived.

Q: DID YOU TRY OTHER DIETS BEFORE F-FACTOR?

A: I was a lifetime member with Weight Watchers but I couldn't get below 160lbs. I would get fed up with calculating points and they were constantly changing the program, it didn't work for me anymore. Following F-Factor was so easy and the weight came off quickly. I was able to surpass my original goal and lose more weight than I ever expected. I've been able to keep it off by continuing to journal and experimenting with the recipes in the newsletter and on Instagram.

Q: WHAT'S YOUR LIFE LIKE NOW THAT YOU'RE LIVING THE F-FACTOR LIFESTYLE?

A: I look and feel great, people don't recognize me because of all the weight I lost. My friends and family are amazed and proud of me. My boyfriend, who has been supportive of me loves my new sexy body! I'm told I look 10 years younger! I love shopping again. I've never in my life been able to get in a size 27 jeans. I am confident I can spend the rest of my life following F-Factor.