

Client feedback for zest4life

Melissa lost 1stone 3lb: "I have never stuck to a diet for so long with very little will power needed. I have lost weight, continuing to eat in the same way and am maintaining my weight very easily - something I have never achieved before! The programme was highly motivational, professional and I enjoyed the personal approach and caring support from the coaches. The educational aspect to the programme was invaluable. I realised I knew very little before and I have learnt how to be healthy - for both myself and my family. I have particularly enjoyed not being ruled by cravings. **I have more energy and I am never tired in the day anymore. I have less bloating and no longer suffer from stomach cramps. My moods are more even and my kids have a fun and happy mum back!**"

Tony: "As well as losing almost 2 stone, my health is better: I am reducing my prescription drugs and have been discharged by my hospital consultant. My **blood sugar, homocysteine and cholesterol levels are lower.** My energy levels are better - I am doing more exercise, sleeping less and not feeling so tired."

Sue lost 2 stone: "This is the first time I have been able to stick to a diet and exercise at the same time as the diet gives me the energy I need to do this. All the nutritional information was fascinating and the personal guidance was invaluable."

Vanessa lost 1 stone: "My skin seems clearer. My eyes whiter. I definitely feel more calm and in control of my moods. This has been the kick up the behind I needed to change my life and my future."

Tracey lost over 2 stone and 22 inches... "my body fat has gone down by 7.47 kg and I can fit into size 10 again, this all from a starting point of 11st 8lbs and size 16!!! I almost can't believe it but the proof is the mirror and scales and also my health. Thanks for all your support and for educating me in healthier ways of eating. Oh, and I almost forgot, **I don't seem to suffer from air born allergies anymore** e.g. hayfever and cats and dogs. Because I understand why I suffered so badly, and by cutting out my food allergies, this has had a knock on effect with the way my body deals with the air born ones. Simple really, but I suffered from the age of 17 until 2 months ago. Had I known then it may have had something to do with my eating habits I would have done something about it a long time ago but I had no idea. Anyway, that's enough of me 'patting my own back' - I will continue to eat this way and have full intentions of dropping in at future sessions for continued support and to learn about other topics.

"It's as if someone has given us a magic pill and said you'll have more energy, you'll feel calm and you'll feel less stressed," reports Maryanne. "It's worked better than I would have believed. I am full of energy, my skin has improved dramatically, my cholesterol level has dropped by a third in seven weeks and I've lost a stone, especially around my middle."

