



medically supervised
weight loss program



I started the program in March 2011 weighing in at 182. I also work at Weigh To Go. My weight loss has been slow but steady since the beginning. It gets frustrating sometimes but with hard work and the will power it will come off. I never realized by looking in the mirror that my weight had been so out of control. I had been on blood pressure pills for 6 years and with the first 10lbs I lost I came off the blood pressure pills and have not had to have them since. Weight gain and loss affects every part of you, I did not realize how much until I lost 33 lbs. I have some weight to go but thanks to Dr. Holmes I will get there and will be able to stay there. I am grateful to him and I am very happy about the weight loss, and the success I have had with the program. For anyone who is not sure about the program just give us a try its well worth it in the end.

T. M.— Lexington, NC