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## ~ Sandy Burns is Proof Medi-Weightloss is “The One That Works”~

“I’m enjoying food for the first time,” said Sandy Burns of La Quinta, a Medi-Weightloss success story. “Now I’m eating three meals a day, plus snacks in between and not gaining a pound!”

For people who are worried they may be hungry on a weight loss program, this may come as a big relief.

Sandy, 60, had been on the Atkins diet several times previously and tried other weight-loss programs as well, to no avail. Then in 2013, she tore the meniscus in her left knee and was unable

to exercise for a while and really put on the weight. Her daughter, Ashton, knows someone who works at Contour Dermatology and they mentioned the new Medi-Weightloss program that Dr. Timothy Jochen brought to the desert a year ago.

“My daughter was telling me she was going to do this. And even before her, I went in and I signed up that very day. I said, “This is for me. I’m going to do this,”” said Sandy.



Before



After

Sandy enrolled in the Medi-Weightloss program on March 3, 2015. She lost 10 pounds the first week and by July 2015, she had lost 75 pounds. Her daughter’s goal was to lose 50 pounds and she reached that just before her wedding this past May.

Sandy began the Medi-Weightloss program at 213 pounds. Now in the maintenance phase, she weighs 138 pounds. Her dress size went from an 18 to a svelte size 6.

Before joining Medi-Weightloss, Sandy was taking 1,200 mg of Ibuprofen every four hours, “My joints were killing me,” she said. She also was on hormone replacement pills and taking thyroid medication. After losing the weight, she currently needs none of that medication. She even verified this with her doctor.

“It’s more than getting the weight off. Physically I feel so much better,” she said. “I’m not taking any medications, just the Medi-Weightloss vitamins and a vitamin B shot.”

Sandy plans to stay on the Medi-Weightloss Maintenance Program through March. “You need to reset your weight and that takes about a year. I’m going to stay with the Medi-Weightloss vitamins and some of the shakes, after I complete the maintenance phase because I really like them.”

“I like the Medi-Weightloss concept because I’m a big protein eater anyway,” she said. “The program really teaches you a lifestyle of healthy eating. Once you get off the sugars, you really don’t have a desire to eat sweets anymore.”

“I did not cheat one time,” said Sandy. “And I still have not cheated. I went through the Thanksgiving holiday and did not cheat. I really enjoyed Thanksgiving. I had the turkey and sweet potatoes, but I chose not to eat the dressing or sweets. Now that I feel so much better, I don’t ever want to go back.”

Sandy also walks five miles every day. “I started with three miles and now I’m up to five miles every day.”

“I would encourage people considering a weight loss program that Medi-Weightloss works. You will see results immediately and fast. It’s not slow if you do it correctly. You can see weight drop off every week,” said Sandy. “This is your chance to get the weight off and keep it off.”

“For the amount of money I’ve spent and the weight I’ve lost – to be on no medications and have better health surpasses any amount of money I’ve spent. Actually, I’m saving money if you think about it that way.”