

“This program is easy to follow, I have not been hungry like I thought I would be! I am now understanding how to eat correctly and the true value of food!”

– Adam A.

“Think Positive, it is easy and it will work! The weight comes off easy! I feel better, I move faster and not having to starve made me feel great! My all around my health is better”

– Aden T.

“I am able to wear clothes I have not been able to wear in years and I feel so much better about myself! This program is easy to follow and definitely worth it!”

– Aleta G.

“First week has been great!! Just take the plunge!! The health benefits are so worth it! It’s not difficult at all! I’m most excited to be able to drop pounds without hunger, which is so amazing to me! I was also surprised by how much better quality sleep I am now getting! I feel good and now have the energy I need in the afternoon without any caffeine. It really works! Give it a try!”

– Amy E.

“My depression has been lifted, I’m feeling so good and confident every day! I feel in control again!”

– Andrea B.

“I’m always excited to step on the scale in the morning! Just watching my weight go down is such an incentive for me to keep going! My meals satisfy me, I am not hungry at all! Take the first step in learning how to eat correctly!”

– Ann S.

“Cancer is hard, doing this program for only 40 days is not hard! I’ve found that I have more energy and have been able to wake up earlier with more energy! Finally feeling like myself again!”

– Bethany R.

“It was so exciting to have a successful experience! So many positive effects!”

– Becky O.

“My energy levels have spiked! I’m starting to see the old me that I never thought I would see again! I haven’t had this much energy since I was in high school! It’s a lifestyle changing experience, if you are serious about losing weight, chose THIS program!”

– Brianna C.

“I love the way the program has made me feel! This is by far the best program I have ever done, I just love it!”

– Cathy H.

“God intended that we take care of the one body he has given us, it’s not selfish, it’s more of a Thank you to Him. The best part of this program is obtaining results that last! I’ve lost 5 pounds in 6 days. You owe it to yourself to be as healthy as possible!”

– Cathy W.

“It is worth every bit of effort just to know that you have more than just the potential to lose weight; you have the ability to do so? You can do it!!”

– Daniella A.

“I feel so much better, empowered and stronger! Do this program!! Your health is worth it!”

– Dawn P.

“Stick with it! Don’t quit! It is well worth all the time and effort I put in!”

– Deb J.

“I feel so good and FABULOUS!! I can breathe again! I have so much more energy and I find that I am able to bend over so much easier than before. My clothes have dropped down 2 sizes! My doctor cut my blood pressure medications by half just after the FIRST week on the program! This is the BEST program I have ever done!!”

– Deb S.

“I am down 6.4 pounds in just 7 days! I’m feeling healthier and not feeling hungry at all and that is a great thing!!”

– Dorothy Y.

“The best part of the program was stepping on the scale and seeing the numbers go down each day! I can do things so much easier and better!”

– Dwight S.

“I feel better and have more energy! My mind feels so much clearer as well! It’s all worth it! I never want to go back to my old life again!”

– Eli Y.

“Go for it! You have nothing to lose but weight! Why wait and lose nothing but self-confidence?! Go through the program and take your life back!!”

– Erma T.

“Feeling great and looking good! I have an overall feeling of accomplishment!”

– Freda R.

“You’ll be glad you did it! Can’t put a price on health!”

– Hannah S.

“Go ahead and do it! I’ve done the program twice and lost a total of 98.6 pounds. I do not regret one minute of it! Money well spent and it is well worth it!!”

– Henry M.

“So easy to stick with, it’s a life changer! I not only sleep better but I finally have more energy!”

– Hollie M.

“I don’t know of anything else with so many benefits in so many different ways!”

– James K.

“Do it!! Do it for your family, your health and your overall happiness!!”

– Jamie F.

“The first week has been encouraging! I’m most excited to see my hormones regulate, not to mention I am already down 5 pounds in 6 days! Do it, Health and wellness is priceless!”

– Jenna B.

“Go for it, this was literally the best decision I ever made!”

– Jennifer B.

“I love the quick results, they make me motivated to keep going! I am more energetic and I feel so much better about the way I look! This is the ONLY program that has worked for me! Went from a size 24 to 14! I have great energy, feel good about how I look!”

– Jenny B.

“I’m down 17.5 pounds in just 10 short days! My clothes are fitting better, I am feeling good and I was able to cut my sugar pill in half!”

– Jerry M.

“Pleasantly surprised by the program! Really happy that I am not experiencing any hunger! I saw results and felt it working from day one!!”

– Jessica B.

“Much easier than anticipated, I am seeing immediate results so I know it’s working! Keep an open mind and stay disciplined, results will show right away!”

– Jodi K.

“This program is amazing and the staff is great! The weight is just melted off!”

– Karen M.

“Pure excitement stepping on the scale and seeing the number decrease daily! Do it, it’s so worth it!! I am down 10 pounds in just 5 days. My energy has increased and I am feeling so good, it is hard to put into words!!”

– Kati B.

“Feeling much better with more energy. I am thrilled to lose the weight and I have now developed healthy eating habits! Stick with it!! It works! I feel SO good!!”

– Kelly S.

“It really works! Weight melts right off! I’ve got more energy, loving my appearance and my joint pain is going away!”

– Kevin D.

“Believe in yourself and this program! Be true to the program and you will do so well! I have been very satisfied with my progress to date! My energy levels are better and I’ve been sleeping better as well!”

– Linda C.

“I have not been at this weight in years and being able to re discover clothes in my closet that I haven’t been able to fit in for a while is just great! I have more energy and feel like I am more in control of my body! I’ve learned what foods work well with my body and what makes me gain. I was thrilled with my weight loss, even after just the first week! The availability of the staff to answer my questions is a great encouragement!”

– Linda G.

“I’m feeling emotionally well with an improved body image! Great program with great results- it works!”

– Linda H.

“The hardest part was just taking the step to start! This is the easiest diet you will find, PLUS you get a great support team at the office!”

– Linda Y.

“I’m most excited about my health improvement! I’ve got more energy, less migraines and have been able to reduce pain meds! Just do it, you will feel so much better!”

– Lisa K.

“Stick with it and take it day by day! 40 days may seem like so far away, but it ISN’T!! You can make it through today and that will make it better tomorrow”

– Lorrie B.

“I’m excited about being able to actually lose the weight! I feel better and my clothes are fitting better as well! Stick with it, it is SO worth it!”

– Loyce C.

“Feel good, no hunger, and much happier and sleeping better! Not to mention, I am down 12 pounds in just 7 short days! Don’t put it off, Take the first step, it’s worth it!!”

– Lynn N.

“Definitely worth this effort! I feel so great! It is amazing how fast you can lose the weight, I was down 12 pounds in just 9 days! I was never hungry and I have a lot more energy! It is even much easier for me to bend over now! I now know that this program is a better way to health”

– Marilyn Y.

“It’s been a focused beginning! I feel good about the choice to do this program and determined to stick to the plan!”

– Mark W.

“My knee joints feel better and I have energy to do everyday chores instead of sitting in my lazy boy! I haven’t watched T.V in 5 days!!”

– Melinda C.

“Don’t pay for another thing until you get your health in check! Invest in yourself, love yourself, and let God work through you!”

– Michelle M.

"I feel so much healthier since completing the program! Losing the weight and being able to ride my bike again is what I am most excited about!"

– Michelle S.

"I feel great! My metabolism has really improved! Don't judge it, just try it!"

– Mike H.

"This has been a great experience so far, in just 8 days I have been able to lose 27 pounds!! My body feels better, my joints are better as well!"

– Mike J.

"I can't remember the last time I felt this great! My initial goal was to lose 30 pounds and in 40 days I lost 38.8 pounds!"

– Nicole C.

"Don't wait! It's your life, only you can make a difference, be dedicated!"

– Paul H.

"I feel like a teenager again! My legs and ankles don't hurt anymore!! I'm moving around and doing things I couldn't do just a year ago! I say, go for it and put your entire heart into it! It is an amazing program to be able to lose weight so fast and safe"

– Reuben M.

"I am hopeful about my body image again! I am pleased with the body changes to date and am certain it will continue to progress! I've experienced a lifestyle change that will last the rest of my life!"

– Sarah B.

"They say the first step is the hardest and I will admit, the first day was rough, but after only 7 days, I am down 11 pounds and I now find the program easy to follow!"

– Scott P.

"I'm sleeping better, I've got more energy since starting the program, and my clothes are feeling better! I just feel healthier!! Not to mention, I'm eating better and not experiencing any hunger! The program is easy to follow and you will feel good!! Just do it!!"

– Seana C.

"I was surprised that I did not feel hungry or deprived. The healthy eating of whole natural foods made me feel wonderful!"

– Sharon H.

"I've been amazed at the results! 10 pounds down in just 7 days! I'm shocked I'm not hungry at all! This program was easy to follow! The support and encouragement we were shown along the way was simply amazing! These ladies here genuinely care about you and your health! That alone puts this program leagues above any other! I feel so much better about myself! It really works!!"

– Sherri M.

"I cannot believe how I was dropping the weight, I can actually feel it! I am less bloated and my wedding ring actually fits again! It has been MONTHS since I have been able to wear it!"

– Shirley S.

"Feeling much better; I have more energy, sleeping better and my clothes are fitting me so much better as well!"

– Sonia V.

"I'm most excited about being able to wear smaller clothes, as well as my health is overall better! I find I can move more freely since losing 30 pounds in just 40 days!"

– Sue O.

"I have tried everything before this to lose weight but nothing seemed to work until I did Living Well's Fat Loss Program!!"

– Susan B.



“It is well worth it! I wish I would have done it sooner! I am feeling and looking better! More mindful of what I am putting into my body! This program has taught me how to eat better!”

– Tanya H.

“My weight came off easier than I expected! I was not hungry as I expected to be. Plenty of staff support!!”

– Tim F.

“This program is so easy to follow and you’re eating really food that you buy from the grocery store. I haven’t experienced any hunger and the pounds just fall off! I feel great and have since Day 1, AND I KNOW I am healthier! I love this program!!”

– Tracy W.

“Such an easy program and you get results FAST!”

– Travis K.

“I’m looking better, feeling better and able to work more! I am even able to care for my family so much more that I was able to before and that is what excites me the most. The rapid weight loss was great! Go for it, It is easy!”

– Wilma T.

“The best part of this program was being able to lose the weight with no hunger! I feel great, I’m sleeping better and I have more energy now! Plus, I’m off all diabetic and blood pressure medications!”

– Amy E.

“The program was just what I needed, I now know my body again! I’m able to fit into my old clothes that I haven’t been able to in years! Signing up and making the commitment is the hardest part, but just stick with the program and you will see results! The weight will just come off!

– Angie P.

“I’m always excited to step on the scale in the morning to see my progress! Just watching my weight go down is such an incentive for me to keep going! My meals satisfy me and I was never hungry throughout the program!

– Ann S.

“You may feel like nothing ever works for you but this program is amazing! I’m already down 9 pounds and it has only been 7 days! It’s very rewarding to see me get closer to my goal!

– Rebecca O.

“I lost 25 pounds in 40 days! I fit into smaller size clothing and I’m finally feeling better about not only my body, but myself!

– Bobbi B.

“Using a weight loss program where you lose at least a pound a day with no hunger is amazing! I’ve struggled with weight my whole life and I absolutely love this program!”

– Brenda M.

“I already feel better about myself in just 12 days on the program! I’m less bloated and was able to bring down my blood sugar. I’m no longer taking Metformin!

– Carol M.

“I feel so much better already and I’ve been on the program for 15 days! My allergies are better and I’m beginning to look better as well!”

– Cathy H.

“After just 6 days, my experience on the program have been positive! I feel empowered and encouraged to meet my goal!”

– Cathy W.

“This program is easy to follow! I’m excited about my improvement in energy levels and the weight loss!”

– Christina W.

“After losing 11 pounds in just 8 days, I’m breathing better, my clothes fit better and I’ve cut my blood pressure medications in half!”

– Deb S.

“After the first week, I found this program easy to follow. I’m feeling better, sleeping better and I’m experiencing less arthritis pain!”

– Debbie J.

“The best part about the program is feeling great and not being hungry! I finally feel younger than what I actually am and I’m no longer taking my medications! I’m most excited about an overall healthier me!”

– Ed W.

“I’m excited that I can really lose the weight! I have tried many other programs and not else worked for me. Go for it! The program really works!”

– Erma T.

“All I can say is go for it! It was an amazing journey to great health and feeling better!”

– Freda R.

“I feel so amazing! I have so much more energy and not to mention, I’m down 14.2 pounds in just 7 days!”

– Hannah S.

“Surprisingly, I’m not hungry and the weight is coming off! It’s easier than I thought to make the changes the program requires!”

– Heather F.

“After just 6 days on the program I’m finally able to tie my shoes without grunting!”

– Henry M.

“If you want to feel and look better the fast, healthy way, this is it! The ladies are great in the office and are so helpful!”

– Hollie M.

“This program has caused me to re-evaluate my perception of both health and food. I always ate whenever I wanted, even when I wasn’t hungry. In just 8 days, I’m down 12.6 pounds and looking forward to lose more!”

– Jake L.

“The best part of this program is learning to make health changes. Eventually your body starts to crave healthier foods and you will forever be changed. The cost is an investment in your health and it does take serious commitment. However, being fat and sick is much harder. Just go for it!”

– Jenna B.

“I am not hungry like I expected to be, watching that scale drop almost daily made me so excited and even more motivated! Just stick to it!”

– Jenna D.

“This was the first program that really worked for me! The quick weight loss kept me motivated and I wasn’t hungry!”

– Jenny B.

“I’ve lost 14 pounds in just 8 days! I’m seeing results each day and have so much energy! If I can do this, so can you!”

– Karen M.

“Since finishing the program, I now have more energy and am able to fit into clothes I have not been able to wear for several years! If you stick with it the changes are well worth your efforts!”

– Kathy A.

“Don’t hold back, I’ve cried so many tears of happiness because I’ve finally found something that works! I’m almost down 70 pounds so far. You can’t beat that!”

– Kati B.

“In just the first week, I’m feeling good, sleeping better and actually losing weight! Stick to it because it works!”

– Keith M.

“After dropping 16 pounds in just 10 days, I know the results are real! This is a complete lifestyle change for sure!”

– Kevin D.

“Once you start, you won’t be able to stop, because it really works and you will feel great! This is the easiest program I’ve ever tried, down 9 pounds in just 7 days! ”

– Laura I.

“This is a great program to get your body healthy!”

– Lexi W.

“This program is not difficult and you do not experience any hunger! The program works and you do not experience any hunger! Also, you feel good throughout the whole process!”

– Linda A.

“I’ve been very satisfied with my progress to date. I find it easier than I thought it would be! My energy levels are better and I’ve been sleeping better too!”

– Linda C.

“It’s been a focused beginning. I feel good about the choice I made to do this and am determined to stick to the plan. Stress levels of outside forces are going away, I feel energized rather than sluggish. Overall appreciation of my body function and I’m down 8 pounds in just 6 days!”

– Mark W.

“After losing 10 pounds in just 8 days, I feel so good! I’ve got more energy and I’m not hungry at all! I was able to even stop my thyroid medication without any problems!”

– Mary K.

“I’m excited about the weight I lost in such a short period of time! It’s exciting to see results right away. I feel so much better all-around and I’m down 11 pounds in just 7 days!”

– Mike B.

“In just 9 days I feel fantastic! I am no longer experiencing heart burn, I feel better about my looks and how my clothes are fitting.”

– Mike H.

“There are great rewards if you work hard and are focused with your goals of feeling better! This was the best move for my life, my weight was out of control! I finally feel like I’m back in control with my weight!”

– Mike J.

“I’m down 16 pounds in just 12 days! Losing the weight has been very exciting but most importantly, I no longer feel body pains that I’ve had before! Give it a try, it really works!”

– Patti D.

“This experience was one of the the best ever. Being able to lose so much weight in such a short period of time was just amazing and awesome! I have an endless supply of energy and I feel great!”

– Reuben M.

“The most exciting thing for me is stepping on that scale in the morning and seeing that I lost a couple more pounds! It’s pretty awesome seeing the weight just drop off, I’m down 12 pounds in just 7 days!”

–Reuben M.

“This program is the best weight loss program I have been on and I have been on them all!”

– Rozanne C.

“I’m most excited about the pounds dropping off; 6.8 lbs. in just 6 days! I can again wear my wedding rings, and no longer experience arthritis inflammation. Do the program! You won’t regret it!”

– Ruth M.

“I’ve learned a whole new way to eat and I received long, encouraging, compassionate and professional guidance: along with powerful supplements. The veil was lifted, regarding our cultures deceptions regarding low fat foods and artificial sweeteners.”

– Sara B.

“Fast results and painless progress! I feel energize like I can tackle anything! My quality of sleep has improved as well!”

– Scott P.

“I do not struggle with hunger, headaches, pains or anything! I’ve lost 24.4 pounds in just 10 days! Give it a try... What do you have to lose but weight?!”

– Scott R.

“This program is natural and actually works! This is the best program I have found to help weight relate health issues improve. I would encourage everyone to commit whole heartedly and watch the wonderful results! My health has been restored and dangerous cholesterol readings have been reduced by 40 points and back to normal ranges!”

– Sharon H.

“Not only am I completely off all diabetes and blood pressure meds, but my AL-C numbers are lower than someone without diabetes! It feels so good to have so much more energy!”

– Sharon M.

“Dropping 7.6 pounds in just 7 days has given me the encouragement I’ve need, I was really starting to feel hopeless about my weight.”

– Shirley S

“Stay on track! Don’t let others distract your goals! I’m pleased with the program and proud of myself!”

– Susan C.

“I’m already down 12.8 pounds in just 13 days! It’s off to a great start, I already feel better and I’m experiencing less swelling in my feet!”

– Tanya H.

“Down 10 pounds in just 10 days, not to mention less pain in my hips and joints as well as increased energy.”

– Tim F.

“I like the program, it’s really working and I feel GREAT! Just stay on the course!”

– Tom E.

“I’m definitely fitting into my clothes much better, my stomach is flatter and I’m no longer experiencing stomach pain as I was before and my acne isn’t quite as bad either!”

– Tonya C.

“In just 10 days my blood pressure is already down! I’m not off of my Zoloft and my inflammation has really gone down as well!”

– Trish H.

“I don’t have any regrets doing this program, go for it! It’s not difficult if you have the right mind set!”

– Viola M.