

You Can lose those extra pounds; I'm living proof.



Hello fellow State employees, this is how I lost my weight: The 17 Day Diet. The good part is you eat as much as you want. Yes, that's right - as much as you want. I went from 188 lbs to 168 lbs in 60 days, and have just a little way to go to reach my "GOAL" (8 lbs left). I just started my last phase. I'm so happy and people tell me all the time how good I look. This is what keeps me going, (well besides the weight loss). lol

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Clarification note added concerning The 17 Day Diet:

The foods are all the veggies and fish and poultry (without skin) all day for 17 days, two probiotics, two fruits, (8) eight ounce glasses of water a day, and a cup of green tea with all three meals. No alcohol, no dairy, no carb's, no pop.