

My 1st Anniversary: A Journey That I Will Continue On, Each and Every Day!

I started on my program of getting healthier 1 year ago. To date, ***I am 51 pounds lighter, and feeling absolutely great!*** Getting rid of the toxins in my body allowed me to release my weight and get rid of my medical issues. I have more energy which allows me to do so much more than I could imagine.

As I bring my body into an alkaline (pH) state, instead of acid, my body is able to do what it was intended to do: take care of me. I am still walking; in the winter-time bowling and in the summer golfing are my main activities. I have also eaten organic foods which has helped me get more needed vitamins and minerals (since our soil is sterile and full of toxic sprays). I have learned that fiber in my diet is very important ... we need between 25-35 grams a day, and when I am able to do that, my colon is happy. I am still learning many different ways to get and keep healthy — it is a journey that I will continue on, each and every day.

I found out recently that a gallon of water weighs about 7.5 #'s. I have tied 7 of them together to remind myself how much weight I have lost ... and sometimes I walk around with them hanging from my neck ... it is a visual for me to see how far I have come!

I love the NEW me!

Before



After



Submitted by Sandy Mannesto, Michigan Department of Human Services

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[Continue to page 2 to read Sandy's original story.](#)

I LOVE THE NEW AND IMPROVED ME!

Being plagued with migraines, stomach acid issues and gaining weight for the past 10-15 years, I tried numerous diets trying to get healthier. I found a 'nutritional body cleanse' and thought "I have nothing to lose!" I wanted to give it a try just because I was running out of options. The program is designed to get rid of the toxins in our body. Best of all I have been migraine free, and no longer take any medications. I no longer have stomach acid issues either and have so much more energy. I have lost 40 lbs so far and 8 inches in my waist and belly.

I regularly walk for my main physical activity, and try to incorporate volleyball or biking in my routine, when I can. I believe the loss in weight/fat has helped my golf game, since it is easier to swing. I am looking forward to the bowling season to see if it helps there too!! I had trouble crossing my legs and bending over to tie my shoes; it just sort of happened over time, but now it is a breeze to do all of the simple things I had trouble with before!

As for my new eating habits, I no longer have caffeine and very little sweets. I drink lots of water and eat raw almonds/walnuts for omega 3 fatty acids, I eat more fiber as well as changed to organic fruits and veggies.

My food cravings have been reduced and my energy level increased. It just made sense to me to promote health on the inside. The older I get the more I am learning about nutrition and having a healthier lifestyle.

I love the new and improved me!! Thanks for letting me share; I sure can move better too!

PS - I lost most of my weight within the first 4 months. However, I am still losing yet slower now at 6 months and building lean muscle.

Submitted by S. Mannesto, Michigan Department of Human Services