

Good morning Dr. Fedorko,

I just wanted to pop in and let you know how proud I am that I completed the "SP Detox and Purification" Challenge, and I feel wonderful!

As you may recall, on one of my last visits, I mentioned how hard it was for me to get my waistline back! I exercise, eat healthy, but try as I might, I was unable to lose about 8-10 extra pounds, that have crept on my body, now that I'm past 55.

I admit, I was nervous about beginning the program. I knew it meant giving up my morning coffee, along with my evening glass (or two) of wine. About a week before my start date, I began tapering down my coffee and my wine consumption. On Monday, March 2, I began! I replaced my coffee with hot water, and lemon juice, and to my amazement, after the first day, I really didn't miss the coffee! The three shakes a day kept me feeling "full," and really reduced my food cravings. I made a special point of steaming fresh vegetables every day, and keeping them ready. I happen to love salads, and enjoyed my large salads every day, with my own dressing of olive oil and organic vinegar! I must admit, the wine was not as difficult to eliminate as I feared it would be. The first few days on my program, I waited for the headaches to come, but to my amazement, they never did. I did experience a sense of being tired, so I listened to my body, and went to bed earlier than usual, and even found myself indulging in a few more "power naps." I made up my mind I was going to spend those three weeks "indulging" in myself rather than dwelling on foods I was neglecting myself. I scheduled a massage one week, and enjoyed a reflexology and pedicure another week.

Before I committed myself to this program, I wondered how I would feel... my biggest fear was of being tied to the bathroom with all those gastro fiber capsules. I was pleasantly surprised at how "regular" they actually made me feel. This program really impressed me as to the quality of ingredients. It was much more user-friendly than I originally thought. In the morning, I would mix up my three shakes at once, and have them ready to go in individual containers.

After the first few days, I was amazed at my weight loss! I was eating so many veggies, salads and shakes, feeling full, and yet the pounds were dropping daily. By the end of the three weeks, I lost a total of 8.5 pounds! I have never lost those hard-to-lose pounds so easily before!

Since I've never gone through a real "detox" program before, I was amazed at my body's physical responses. The first thing my body felt was cold... I was always wearing sweaters. I was simply losing body fat! Another physical situation I experienced was my skin was really dry for the first few days... telling me the detox was indeed flushing out impurities. Toward the end of the detox, my skin looked and felt great! To my real amazement, I have more energy than I have had in a long time!

This whole experience has taught me so much about myself! The three weeks of eating very pro-healthy programmed me into some new eating habits. I have always enjoyed eating healthy, but like everyone, we start to develop some not-so-healthy habits. I've never really had much of a sweet tooth, but I absolutely love cheeses. I never thought I could go a day without cheese, and I was pleasantly surprised to learn I didn't really miss it. Another moment of surprise, was the fact that I didn't "cheat" even once! It proved to me how strong I am, while at the same time, taught me to "think" before I just ate something I was "in the mood" for. The most important lesson I learned, is Food is a Drug... not a form of pleasure.

After the three weeks were up, I decided to "reward" myself with a glass of wine! Well, to my absolute amazement, the wine tasted awful!!! I couldn't believe something I so enjoyed before could taste so different! I've tried wine a few times since then, and it simply does not have the same appeal that it once did, and that's going to be just fine.

I had a concern: Ok, I've lost 8.5 pounds, now, I'm faced with the challenge of going back to my old ways... and possibly gaining it all back, or taking what I've really learned, and applying it to my New Lifestyle. It's been a month since I started my new "clean" life, and I'm proud to say my 8.5 pounds have stayed off. Something that has definitely helped is continuing with the protein shakes, even after the program. I mix one in the morning, and drink half for breakfast, and the rest I save for when I get that "hungry" feeling, or before meals. I love the way it gives me energy, while filling me up. I plan on making my smoothies my everyday routine, because they work for me, and make me feel energized like I haven't in a long time!

This is a program I would endorse as a very healthy way of getting back on track. I plan to utilize it this next spring again!

Stay well, and keep up your great work!
Colleen Sterling