

# Healthy Concepts HMR Weight Program



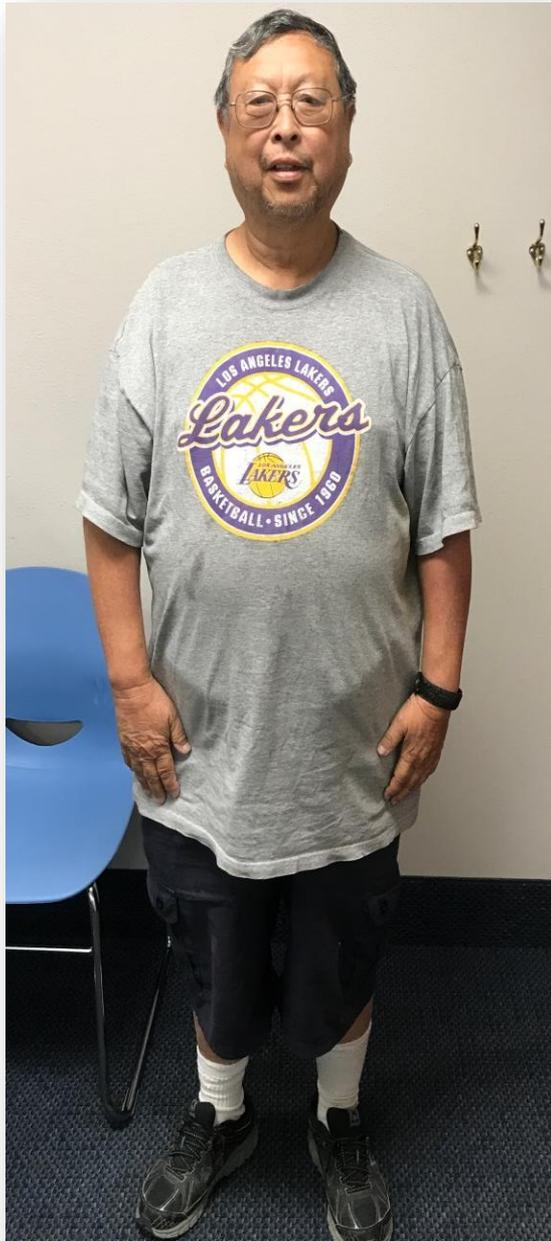
## One of the Country's Best Weight Loss Diets!

### Current and Former Patient Successes!

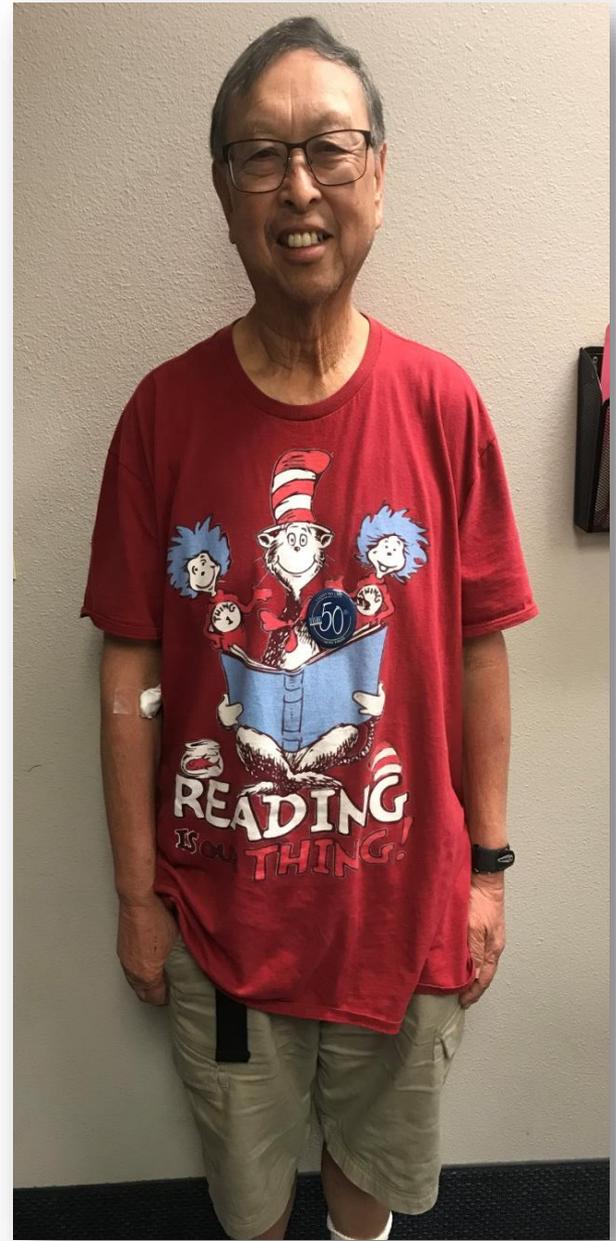


**Total  
Weight Loss  
= 260 pounds**





Total  
Weight Loss  
50 pounds





**TOTAL  
WEIGHT LOSS  
= 57 POUNDS**





Total  
Weight Loss  
50 pounds





**TOTAL  
WEIGHT LOSS  
= 30 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 35 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 35 POUNDS**





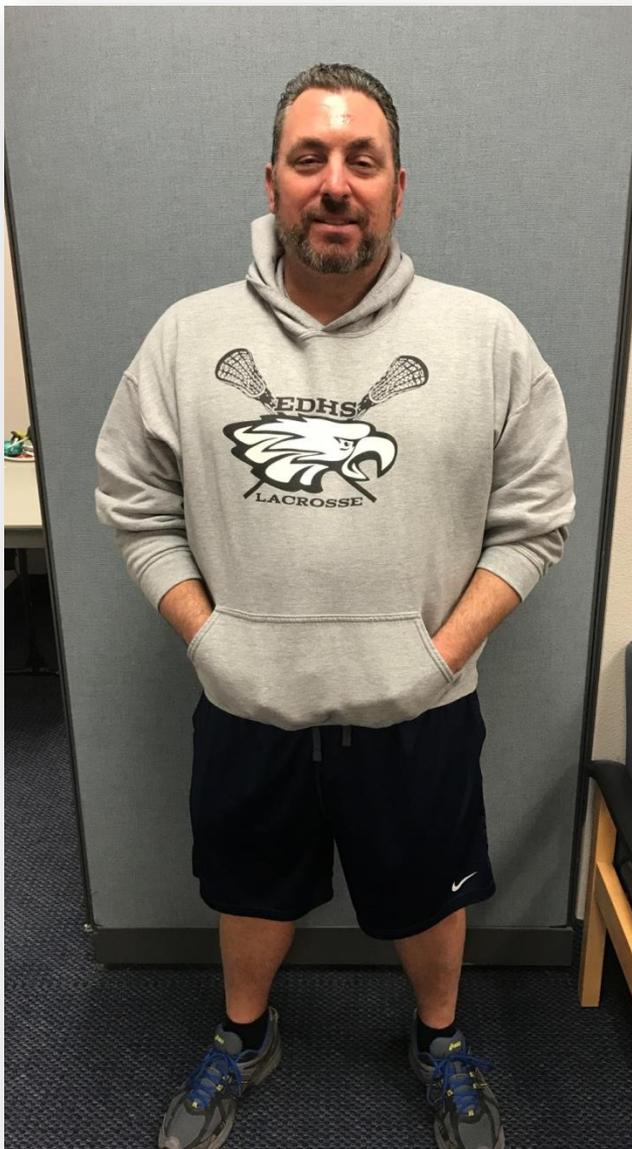
**Total  
Weight Loss  
50 pounds**



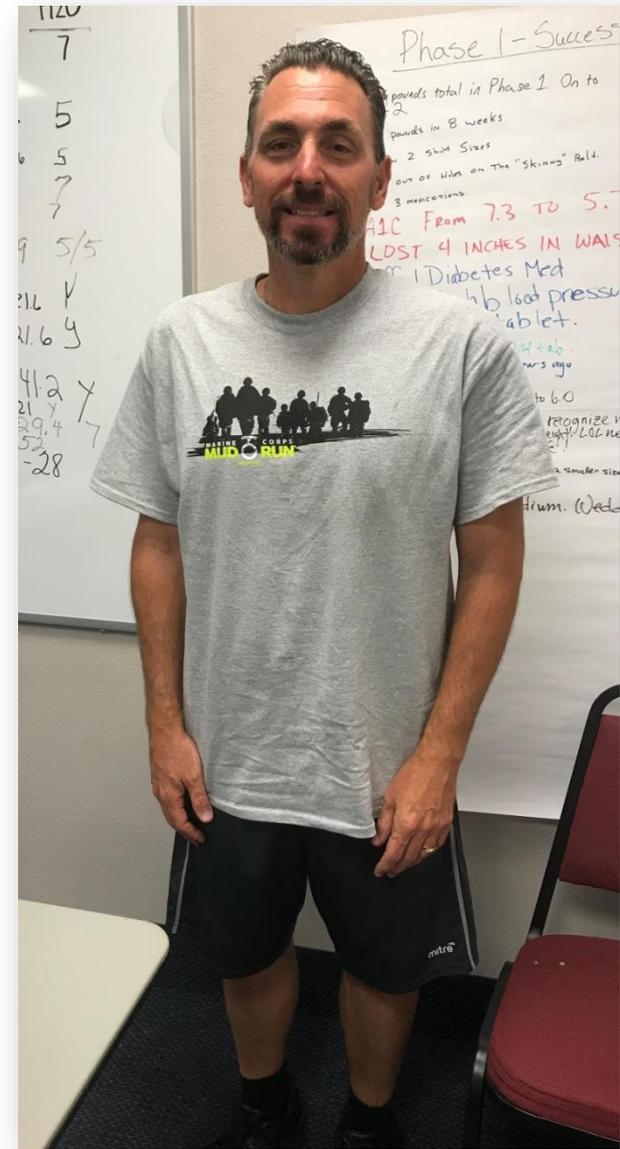


**TOTAL  
WEIGHT LOSS  
= 52 POUNDS**





TOTAL  
WEIGHT LOSS  
= 75 POUNDS





TOTAL  
WEIGHT LOSS  
= 72 POUNDS





TOTAL  
WEIGHT LOSS  
= 60 POUNDS





TOTAL  
WEIGHT LOSS  
= 54 POUNDS





**TOTAL  
WEIGHT LOSS  
= 40 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 100 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 55 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 43 POUNDS**





TOTAL  
WEIGHT LOSS  
= 40 POUNDS  
AND  
3 DRESS SIZES





**TOTAL  
WEIGHT LOSS  
= 60 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 70 POUNDS**





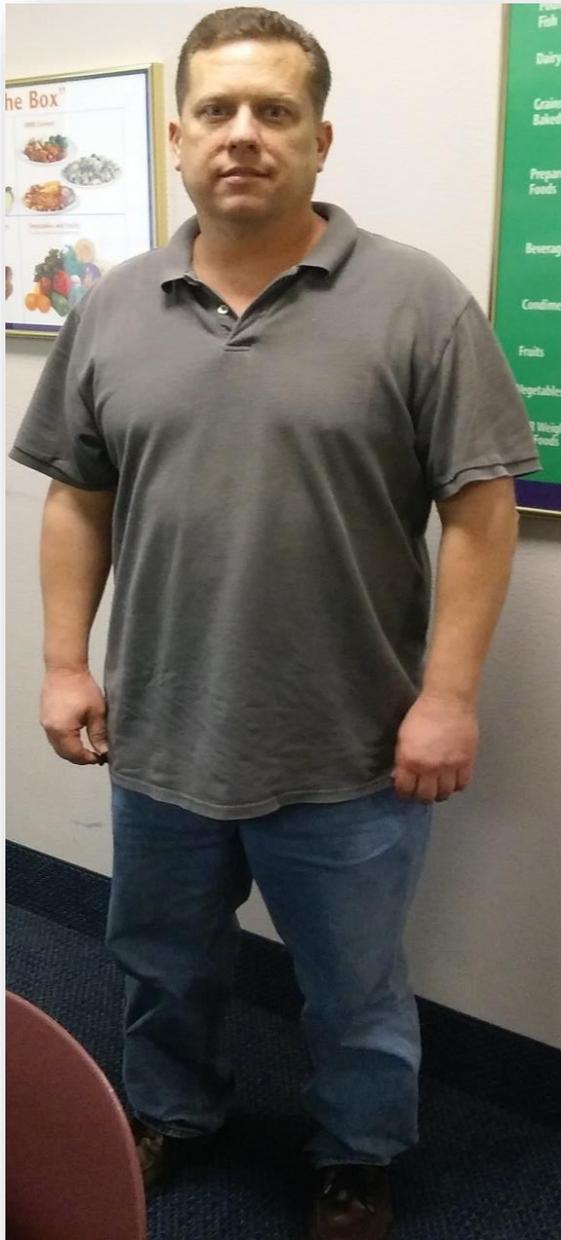
**TOTAL  
WEIGHT LOSS  
= 40 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 101 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 27 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 88 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 38 POUNDS**



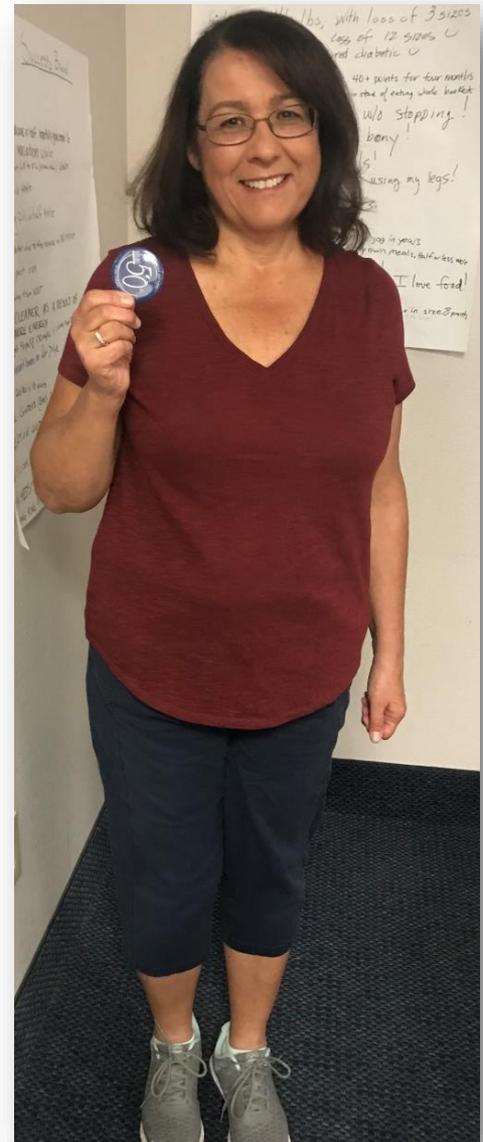


**TOTAL  
WEIGHT LOSS  
= 40 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 50 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 94 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 110 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 40 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 89 POUNDS**





Total  
Weight Loss  
100 pounds





**Total  
Weight Loss  
50 pounds**





**TOTAL  
WEIGHT LOSS  
= 45 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 47 POUNDS**



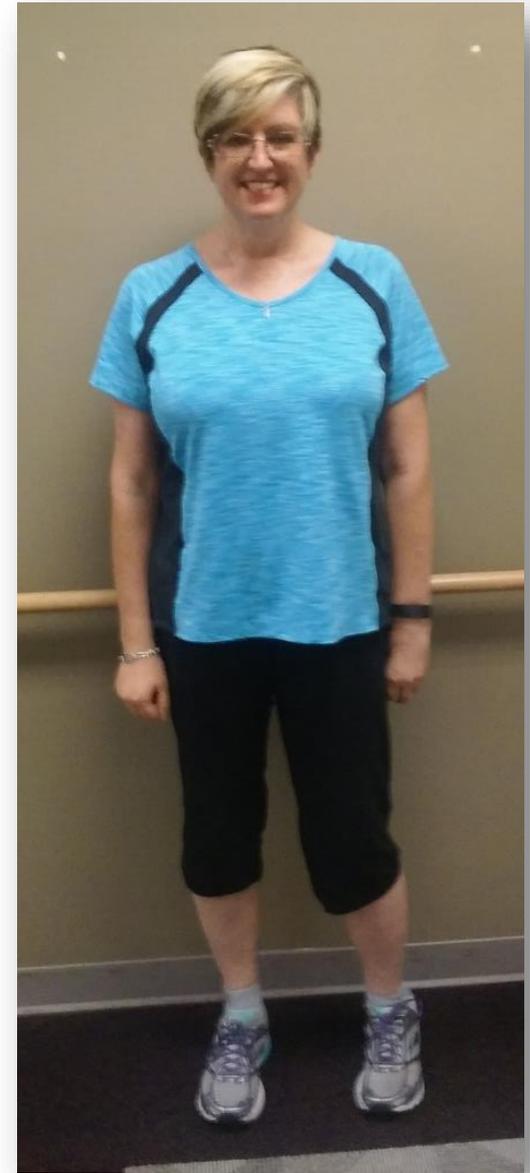


**TOTAL  
WEIGHT LOSS  
= 55 POUNDS**



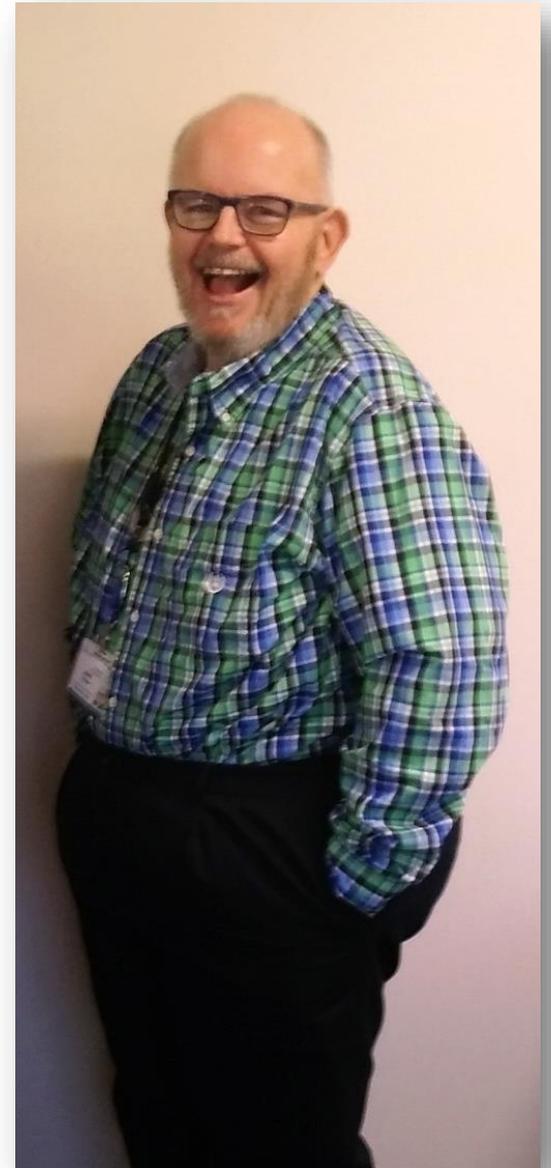


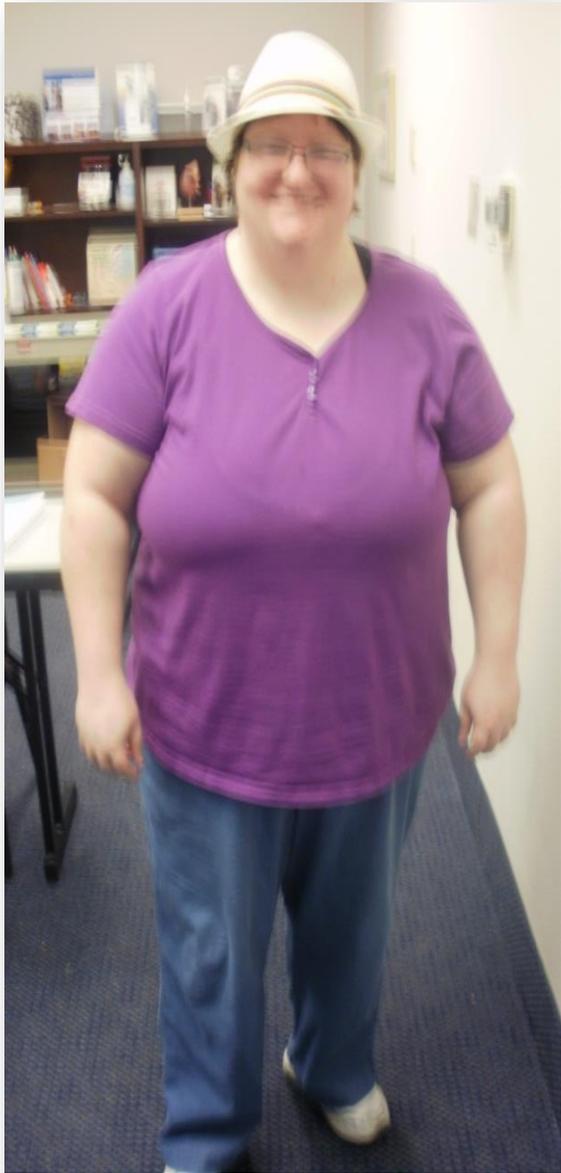
**TOTAL  
WEIGHT LOSS  
= 61 POUNDS**



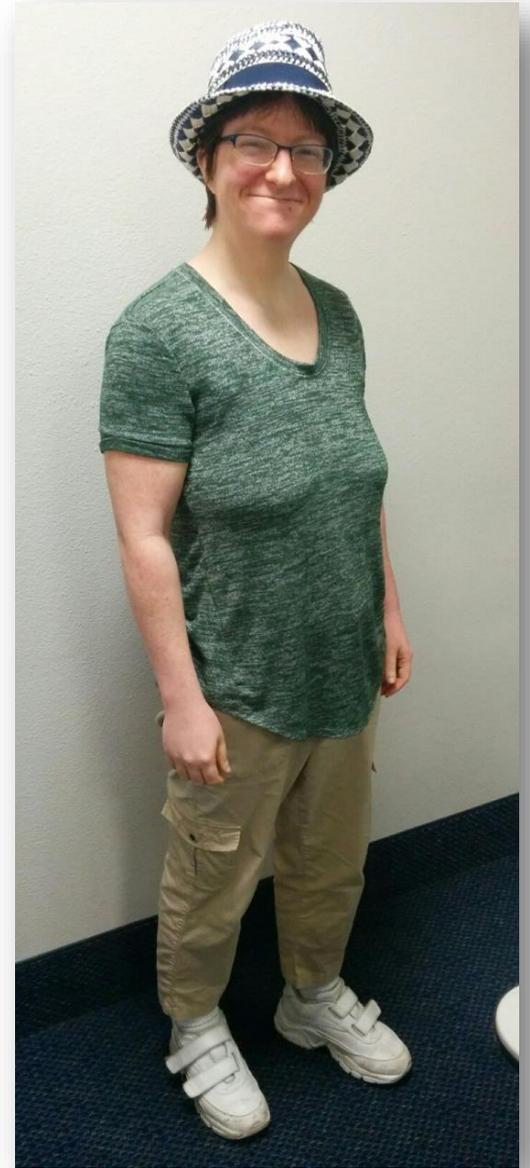


**TOTAL  
WEIGHT LOSS  
= 65 POUNDS  
AND  
5 PANT SIZES**





**TOTAL  
WEIGHT LOSS  
= 115 POUNDS**



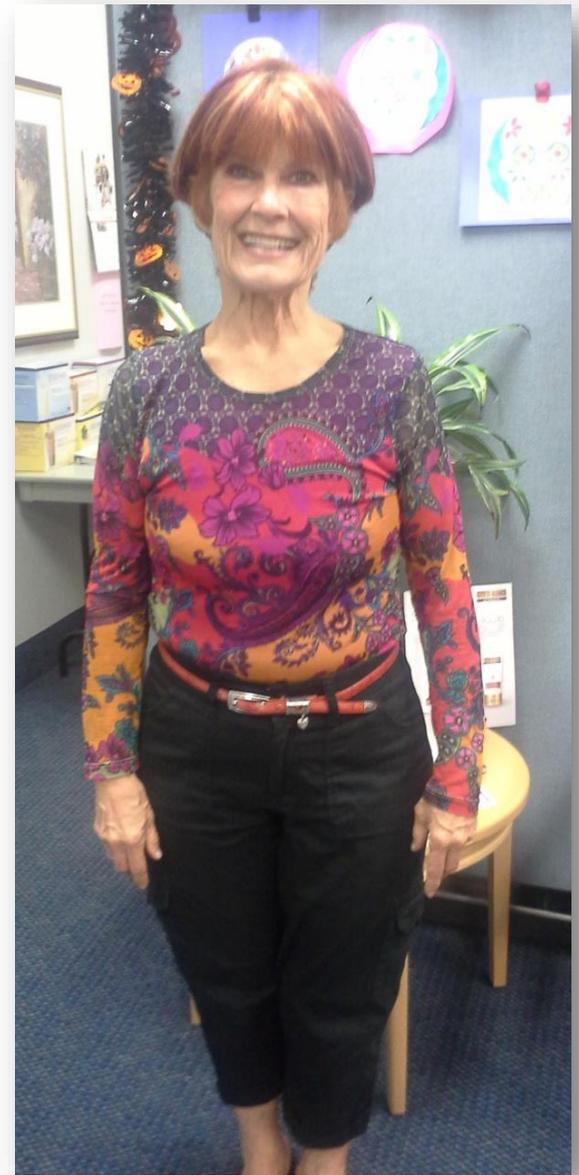


**TOTAL  
WEIGHT LOSS  
= 100 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 145 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 50 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 60 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 82 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 40 POUNDS**



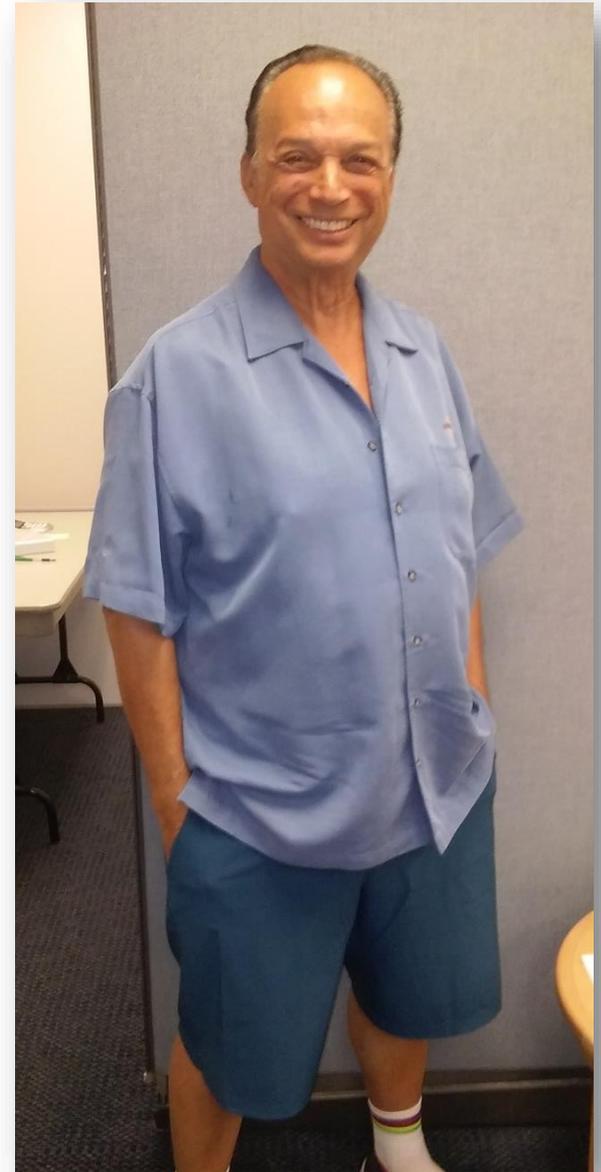


**TOTAL  
WEIGHT LOSS  
= 115 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 75 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 57 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 100 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 43 POUNDS**



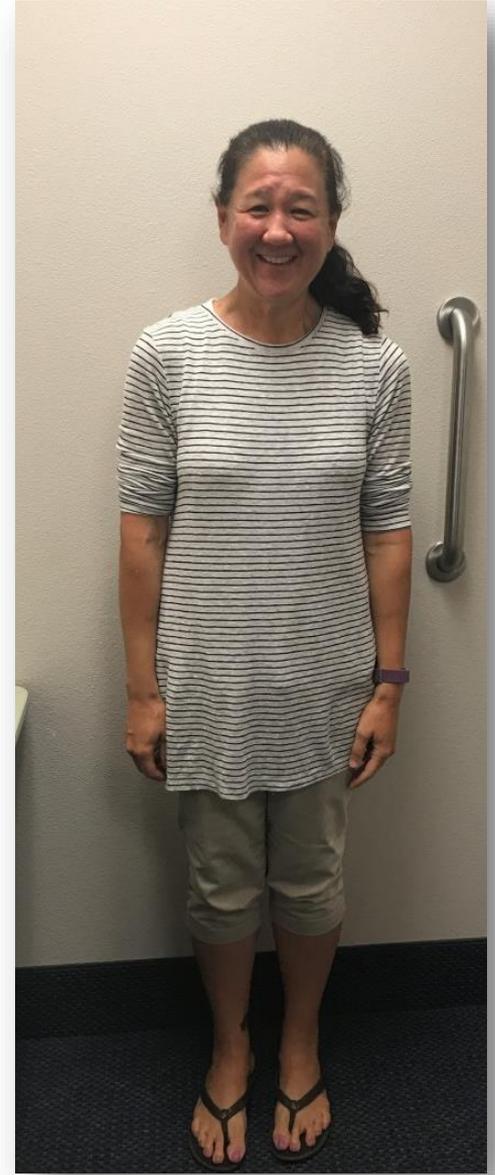


**TOTAL  
WEIGHT LOSS  
= 85 POUNDS**



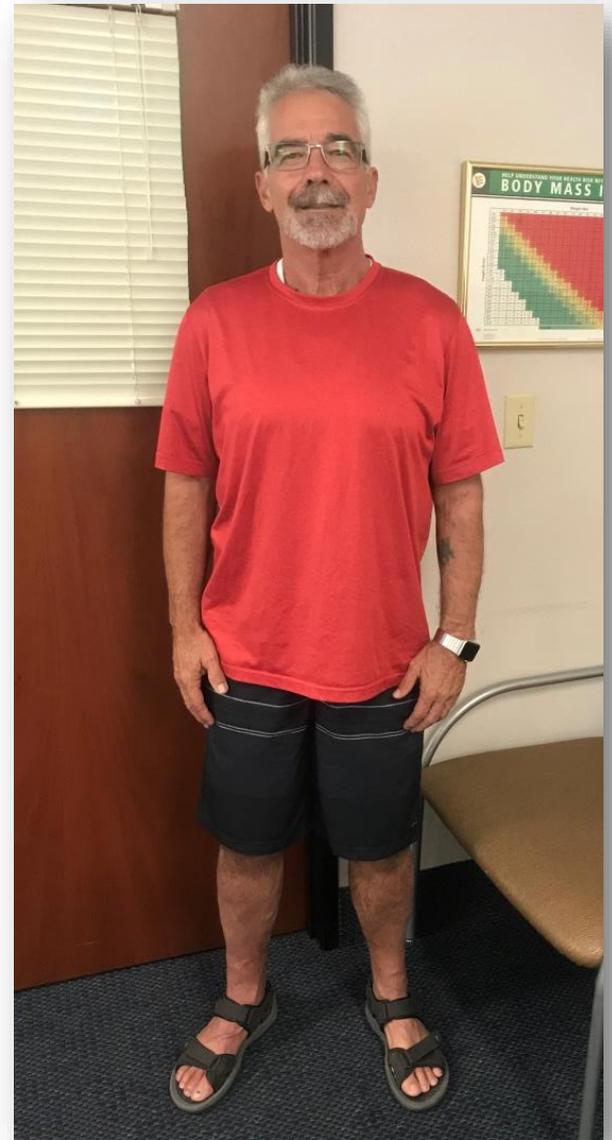


**TOTAL  
WEIGHT LOSS  
= 100 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 65 POUNDS**





**TOTAL WEIGHT  
LOSS = 50  
POUNDS**





**TOTAL  
WEIGHT LOSS  
= 50 POUNDS**





**TOTAL  
WEIGHT LOSS =  
115 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 100 POUNDS**





TOTAL  
WEIGHT LOSS  
= 80 POUNDS





**TOTAL  
WEIGHT LOSS  
= 41 POUNDS**





TOTAL  
WEIGHT LOSS  
= 41 POUNDS



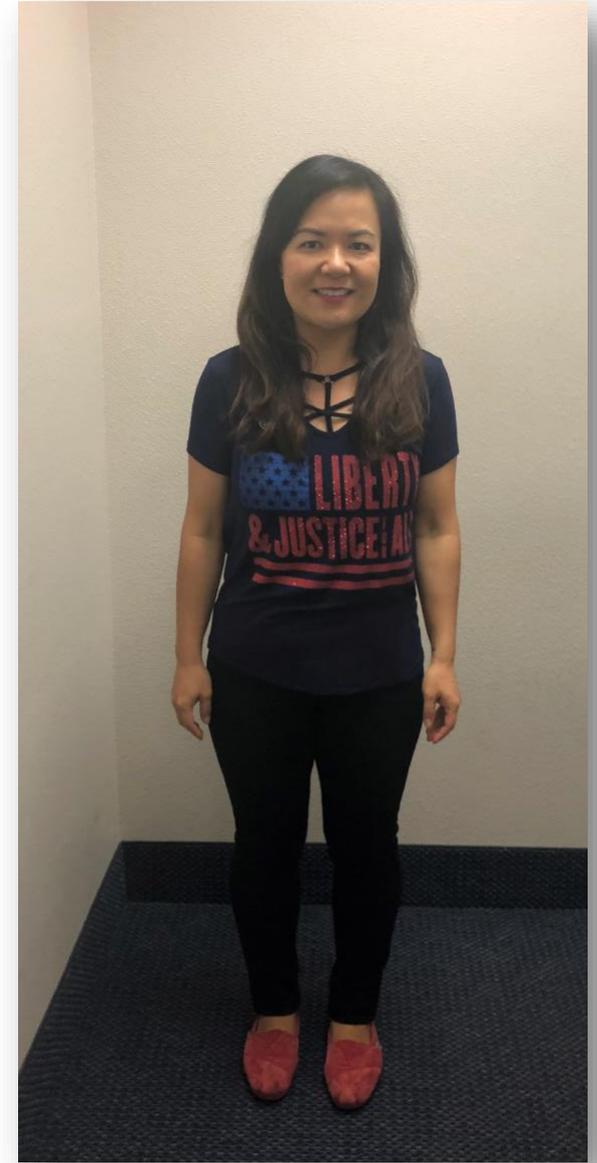


TOTAL  
WEIGHT LOSS  
= 50 POUNDS





**TOTAL  
WEIGHT LOSS  
= 60 POUNDS**





**TOTAL  
WEIGHT LOSS  
= 50 POUNDS**



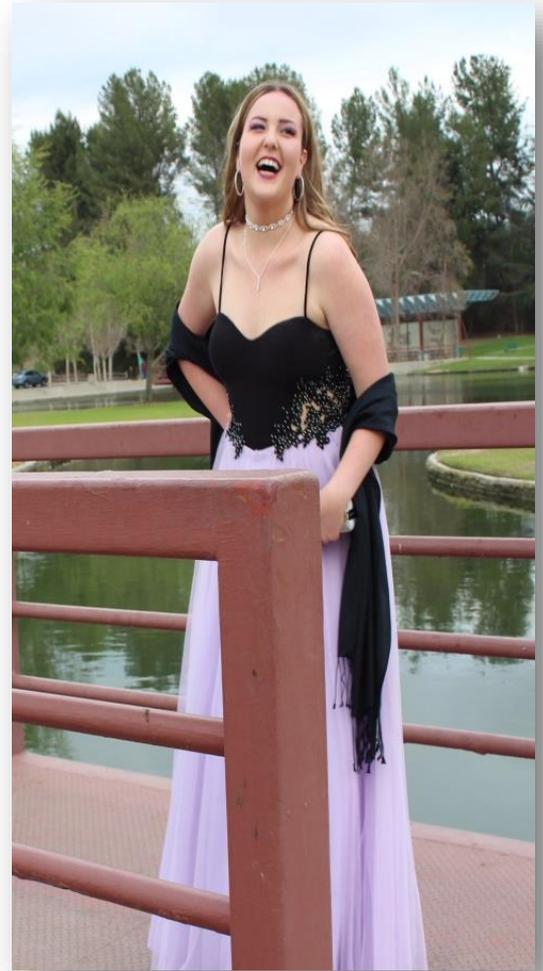


**TOTAL  
WEIGHT LOSS  
= 57 POUNDS**





**Total  
Weight Loss  
47 pounds**





**Total  
Weight Loss  
50 pounds**





**Total  
Weight Loss  
150 pounds**





**Total Weight Loss  
100 pounds**



Total  
Weight Loss  
100 pounds





**TOTAL  
WEIGHT LOSS  
25 POUNDS**





**TOTAL WEIGHT  
LOSS 130  
POUNDS**





Total  
Weight Loss  
105 pounds



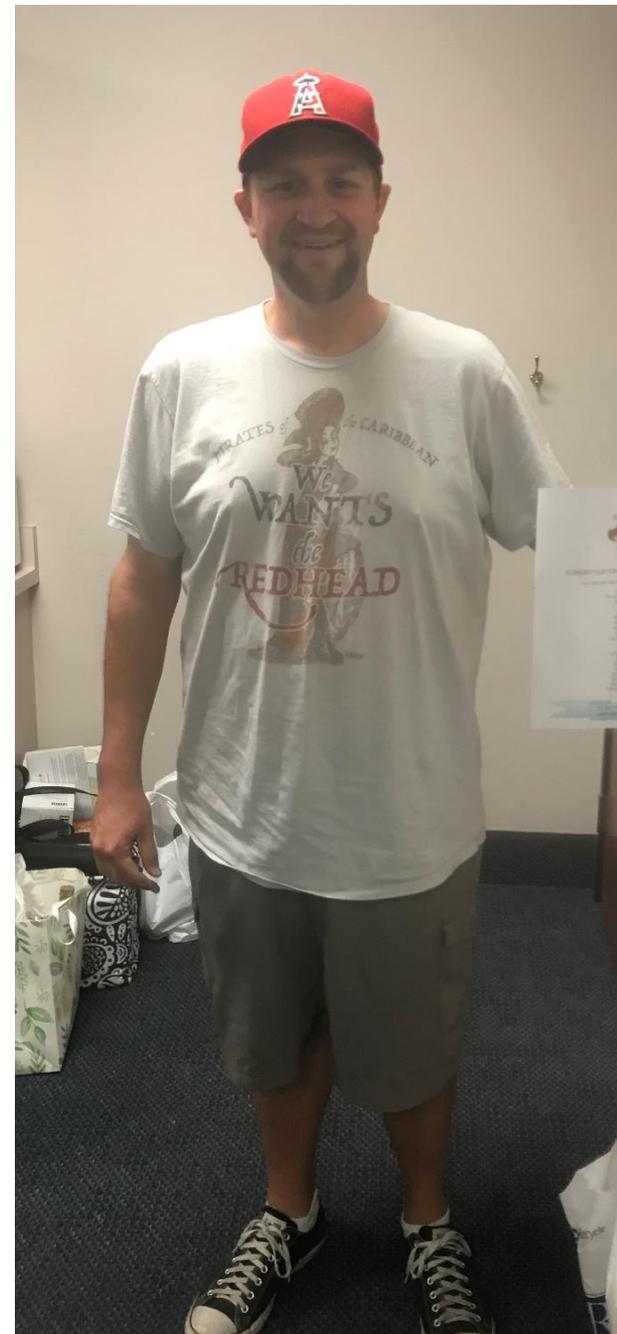


**TOTAL  
WEIGHT LOSS  
125 POUNDS**





**TOTAL  
WEIGHT LOSS  
120 POUNDS**





**TOTAL WEIGHT  
LOSS  
75 POUNDS**





TOTAL  
WEIGHT LOSS  
50 POUNDS





**TOTAL WEIGHT  
LOSS  
100 POUNDS**





**TOTAL  
WEIGHT LOSS  
50 POUNDS**





**TOTAL  
WEIGHT LOSS  
100 POUNDS**





**TOTAL  
WEIGHT LOSS  
100 POUNDS**





**TOTAL  
WEIGHT LOSS  
66 POUNDS**





**TOTAL  
WEIGHT LOSS  
50 POUNDS**





**THIS GROUP  
HAS EACH  
LOST OVER  
100  
POUNDS!**



# Patient Comments!

- Off two Rx
  - Discontinued my insulin
  - Discontinued blood pressure Rx
    - Cut diabetes Rx in half
    - Made it to a size 8
- I can run up the stairs 2 at a time without stopping
  - Lost weight on vacation
  - My A1C dropped from 6.8 to 5.6
    - Cut sleeping pill in half
- House is cleaner as a result of more energy
  - Cholesterol dropped 46 points!
  - 1<sup>st</sup> time under 200 pounds in 13 years
    - No longer considered diabetic
- Ran 3 miles at 4 mph without stopping!