

“Losing this much weight, I know that I’m going to live longer, and I’m grateful for that.”

Danny H.
 Lost 100 pounds

Danny	Before HMR	After HMR
Weight	287 lbs.	187 lbs.
Blood sugar	300	100–125 (diabetes medication eliminated)
Cholesterol	High	Normal

“My life before HMR was just a lot of eating, watching TV, and not feeling healthy. I didn’t do much of anything that didn’t revolve around food.”

That’s how Danny describes his days as a 287-pound overweight man with a 46 inch waist and a closet full of triple X clothing. His major hobby was “cooking large, fattening gourmet meals” which led to high cholesterol and diabetes.

“I tried a few things to lose weight, including going to the gym. That didn’t help because I didn’t change my diet. I tried the low carb thing, but then you plateau. Looking back on it now, it never occurred to me that what I was doing was wrong.”

On the recommendation of his wife, Danny joined HMR. In his first week, Danny lost seven pounds. Equally important, he gained the knowledge he needed to keep on losing. “HMR gave me the formula that worked for me; the tools and the information that allowed me to lose weight and keep it off.”



By the end of the HMR Program, Danny had lost 100 pounds—which he has kept off using HMR’s maintenance tactics. His blood sugar levels no longer soar; he’s off his diabetes medication; his snoring has stopped; and his hobbies now include jogging 20-to-25 miles a week.

“Before HMR, I could see the future and it was more and more symptoms and more and more medications. Now, I feel 100 percent better. When I wake up in the morning, I don’t want to go back to bed. I want to get up and live life.”

