

STORY OF THE "NEW" MAC KENT!

Some people have asked if I have been feeling alright. Well, the fact of the matter is, I am probably feeling the best I have in over 25 years. It started back in March of 2009, when my wife Kathy decided to join Herbal Magic, a weight loss program where you meet with a personal coach 3 times a week. With the help of Herbal Magic's natural supplements, and eating a selected menu of foods in which you are allowed only a certain amount of proteins, starches, vegetables, fruits, fats, and dairies per day, she has lost 72 lbs and over 60 inches total. She has now reached her goal weight and is on a stabilizing schedule where more food is added to your daily diet in 2 week intervals. If she keeps the weight down and at a level weight after 6 weeks, she will then go on a maintenance schedule to help keep the weight off for good.

I became so frustrated cooking 3 different meals at dinner time that I decided to join Herbal Magic to see if I could lose some weight as well. On June 27th, 2009, I started at a pudgy (but cute) 311 lbs. Currently, I weigh in around 240 lbs while losing over 50 inches in 6 ½ months. However, I still need to lose another 20 lbs to reach my goal weight. During the past 6 years at Mac, I've always been a heavy set person with a hard time getting clothes that looked good and fit properly. I have occasionally told the odd "fat joke" of myself, but since losing the weight, the jokes have diminished and the clothes look and fit much better. I hope to reach my goal weight by my birthday in February and go on my own stabilizing and maintenance programs to keep the weight off. (I'm excited because I would get to have another starch for the day and I don't need to cheat anymore!) What a great birthday present to myself!

I know there are many programs and gimmicks of losing weight, but Herbal Magic was the route we chose to lose weight and, yes, it can be quite expensive to do this program. When I can drop from a 46 pant size to a size 38, in addition to having my family doctor reduce my cholesterol medication by half and completely eliminate one of my diabetes medications, and when I gained control over my blood sugar levels: I

know it was money well spent! It may sound a little cliché, but if I can do it, anybody can. Keep you posted!

THE "NEW" KENT MAK

**KENT MAK
BEFORE & AFTER**

