

“Thanks to HMR, I’ve become the person that I always wanted to be.”

Laina V.,
 lost 100 pounds

Laina	Before HMR	After HMR
Weight	270	170
BMI	37	23
Fruit & Vegetable Consumption	negligible	50 servings/week

At 270 pounds with her wedding less than a year away, Laina knew she had to do something different. After a lifetime of obesity and failed diets, she was, in her own words, “Desperate. I didn’t want to be a fat bride.”

“My doctor told me to try the HMR Program. I had spent so much mental energy berating myself about my weight, I was ready to say, just tell me what to eat and tell me how much to eat, because I just can’t do it on my own.”

In six months, Laina lost 80 pounds, eventually walking down the aisle as an “ecstatic” bride in a size 14–16 dress, which had been altered from a size 22. After the wedding, she entered HMR’s maintenance program and lost another 15 pounds. Today, at 5’ 11” and 170 pounds, she is trim and incredibly happy.



“HMR was the silver bullet for me. I had spent so much mental energy hating myself, not understanding why I couldn’t lose weight. With HMR, I noticed the soundtrack in my head was no longer berating me. It was positive instead of negative.

“I’m a happy, friendly person now because I was able to take control of my life and become the person that I always wanted to be.”

