

33-YEAR-OLD FEMALE DOWN 31LBS IN 37 DAYS



BEFORE MEASUREMENTS

Weight: 272
Pant Size: 22



AFTER MEASUREMENTS

Weight: 241
Pant Size: 16

METRICS:

AGE: 33

HEIGHT: 5'6

Q&A:

Q: WHAT WAS LIFE LIKE BEFORE STARTING THE F-FACTOR DIET?

A: I was struggling to keep my weight stable after having Papillary Thyroid Cancer in 2015. After having my thyroid removed in surgery due to cancer, I struggled to not only lose weight but I could not control my weight from swinging 10-20lbs up at a time. My thyroid medication wasn't helping me enough to get me by and I felt horrible. I had given up on the idea of losing weight and just ate everything that gave me comfort.

Q: WHAT INSPIRED YOU TO MAKE A CHANGE?

A: My turning point was seeing how I looked in photos when visiting my sister. I wanted to cry at what I had turned into. I decided to give F-Factor a try because the science behind it just made sense to me. Also, it didn't seem like an overwhelming overhaul of my life – just enough manageable changes to help make a difference.

Q: HOW DID F-FACTOR HELP YOU LOSE WEIGHT?

A: I read the book and followed F-Factor & Tanya on Instagram and got right down to it. The weight fell off! I lost 31lbs in 37 days!

Q: WHAT ARE SOME OF THE BIGGEST CHANGES YOU'VE MADE TO YOUR DIET?

A: Focusing on how much fiber and carbs I am taking in. Also, quitting soda and moving to seltzer has been a huge change.

Q: WHAT DO YOU LIKE BEST ABOUT THE F-FACTOR PROGRAM?

A: That I can take it with me anywhere. I know what to look for and I know what I can exchange. It just makes sense to me and its uncomplicated.

Q: WHAT'S YOUR LIFE LIKE NOW THAT YOU'RE LIVING THE F-FACTOR LIFESTYLE?

A: After finding success, I got my boyfriend to participate and he lost 20lbs in the same time frame! We feel unbelievable and are so grateful we found F-Factor! Now I don't dread trying on clothes or meeting new people because my confidence is escalating each day. I no longer shy away from photos and mirrors. I'm finally just me!