

35 LBS LOST AND “NEVER HUNGRY!”



BEFORE MEASUREMENTS

Weight: 226
Pant Size: 38-40

AFTER MEASUREMENTS

Weight: 191
Pant Size: 34

Q&A:

Q: WHEN DID YOU BEGIN YOUR F-FACTOR JOURNEY?

A: August 5th, 2018.

Q: WHAT ARE SOME OTHER HEALTH IMPROVEMENTS YOU'VE NOTICED SINCE BEGINNING F-FACTOR?

A: My blood pressure, glucose levels, cholesterol and uric acid have all improved!

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

A: I'm never hungry and I eat out at restaurants all the time!

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

A: Fiber is king! I am able to eat out at restaurants I enjoy and haven't really had to cut back on my portion sizes. I steer clear of foods like bread, pasta, beer and cake and include high fiber foods in all my meals!