

# Testimonials

Real people, real success stories

## Lisa Deal

Having struggled with unwanted, unhealthy extra pounds, feeling tired most of the time and taking medications for several health matters, these issues are what initially lead me to **Beverly Hills Weight Loss and Wellness**. I can honestly say I have been involved and tried it all - pills, shots, fad diets, quick fixes, counted points, calories, liquid diets, etc., needless to say to no avail. I ruined my nerves, developed stomach sensitivities, gained weight, and even experienced early menopause.

After research, reading success stories and seeing results from people that were not only losing but also keeping their weight off from being clients of **The Beverly Hills Weight Loss and Wellness Program**, I decided to try and see for myself if I could be one of those success stories. Sure enough, IT WORKS! Finally a weight loss and wellness program that **REALLY DOES WORK!** I dropped the unwanted pounds, stopped taking the medications and continue to be involved with the program.

**So involved and such a firm believer, I'm not only a VIP Member in Maintenance but Director/Owner of the Beverly Hills Weight Loss and Wellness Clinic located in Mooresville, North Carolina.**

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*Enjoy the following testimonials from the Mooresville Clinic.*



### What Beverly Hills Weight Loss and Wellness has done for me

I joined Beverly Hills Weight Loss and Wellness to help get myself out of the rut I had been in for a few years. I had a lot of personal issues with my parents sickness and then sudden death of both of them within a 6 week time frame.

Joining was the best thing that has happened to me to get my life back on track. I feel great and am looking forward to losing even more weight in the months ahead.

I feel great having already lost a significant amount of weight and inches on the Beverly Hills Weight Loss and Wellness Program and look forward in much more success!

Thank you Lisa & Staff

*Sincerely*  
*Linda Kiesling*

Linda has lost 56 lbs., over 92 inches, and is still losing.



The weight loss journey had been a long one for me! That is, until I joined Beverly Hills Weight Loss & Wellness.



Becoming more and more unhappy with myself in the way I looked and felt, and continually failing in losing weight and keeping it off, lead me to Beverly Hills Weight Loss & Wellness. I was so excited to finally find a program that I could follow, had one-on-one support and adapted to my lifestyle of mostly eating out. The program was successful for me and I lost the weight I wanted to. I was so happy with myself.



A chapter of my life became unsettled, I lost focus of my well being and health and my weight faltered for a time. I once again became that unhappy person and yes, gained some of my weight back. Oh, I blamed everything and everybody for the way I was starting to look again. I finally took a long look in the mirror at myself and made the decision to start back on my weight loss journey.

The action I chose was adapting that healthy way of eating and lifestyle change I had once learned and loved through the Beverly Hills Weight Loss & Wellness Program. I am here to tell you first hand THE PROGRAM WORKS! All you have to do is put forth the effort to be accountable for your actions, follow the program and take advantage of the one-on-one support and visit the clinic regularly.

Yes, I have a lot of support and a cheer-me-on-team. At home I have my husband's support. At work I have the support of all the clients I work with daily and my co-workers. My biggest support however, comes from my parents who support me so much that they have given me the opportunity to continue my weight loss journey with the Beverly Hills Weight Loss & Wellness Family itself in being invited to join my Mom in running our own Beverly Hills Weight Loss & Wellness Clinic in Mooresville.

If you are looking for a program that is easy and really does work by learning to eat healthy, have trained counselors that work with you one-on-one that knows exactly what you are feeling, and need a team that cheers you on 100% of the way - you've found the right program; you've found the right TEAM!

Kendra

[Kendra Owens has lost 35 pounds and 65 inches and is still losing.](#)



I joined Beverly Hills because so many of my friends had had great success with the program. I've learned that losing weight isn't really about eating less--it's about eating healthy!

The information, accountability, and encouragement the counselors provide is invaluable--it just makes all the difference.

It's fun to shop for smaller size clothes--I'm even buying smaller shoes! I would definitely recommend the program to anyone who is serious about losing weight.



*Susan Lippard*

Susan Lippard is now in maintenance.



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Many years of not eating correctly lead me to a condition of being overweight with many medical issues including high blood pressure, cholesterol and blood sugar. I made the decision to try the Beverly Hills Weight Loss Program after searching for material on Obesity for my daughter's Health Project.

I joined the program on October 31, 2007 and actually found it to be easier than I first imagined. I have had struggles along the way with giving up some tasty desserts and candies. However, the up side to that is - I have lost 30 pounds, 3 pants sizes and I am still losing. I have cut my medication to control my blood pressure and cholesterol in half and my blood sugar is now normal. My doctor even tells me that if my numbers continue to improve and I may be able to stop taking my medication completely.

Beverly Hills Weight Loss & Wellness has helped me regain confidence in myself; I look better and feel great.

Special thanks to Lisa and Kendra for the encouragement and help. I would not have gotten this far without them.

*Lisa T. Lloyd*

[Lisa Lloyd has lost 61 1/4 inches and 42 pounds.](#)

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Years of not being satisfied with my weight and the way I looked, lead me to my weight loss journey at Beverly Hills Weight Loss & Wellness.

The one-on-one support I receive, having my progress monitored, and receiving encouragement when I have felt failure was right around the corner, is what I found was needed that has kept me on track to where I have lost 50 pounds and 60 inches so far on my continued journey.

Without the Beverly Hills Weight Loss Program providing me with the knowledge I have received to lose those extra pounds and inches, learning to eat correctly with proper portions, adding proper protein and learning about nutrition, I would not be the person I am today and continue to become.

Thank You Beverly Hills Weight ~ Mooresville

~ Cliff



Cliff has lost 61 1/4 inches and 50 pounds.

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### Mike and Debbie Carson



Neither Mike nor I had been successful with past diets, but had seen and heard the success some of our friends had with Beverly Hills Weight Loss & Wellness. Worrying about Mike's severe health problems, prednisone, not being able to lose weight; and the problems I was having with my knees, hypothyroidism and a sluggish metabolism, not being pleased with my self-image, and just worrying about our overall health, lead Mike and me to Beverly Hills Weight Loss & Wellness.

After deciding to make this a joint venture, we began the Beverly Hills Weight Loss & Wellness Program and started seeing results right away. We have learned to eat healthy and have so much more energy. The weight has continued to come off at a slow but steady rate. Mike combines exercise with the program, I am not able, however, the program works even without exercise.

Doing the program together helps with meal preparations, keeping our diaries, and we are encouragement to each other. We look forward to our weigh-in day. The one-on-one counseling we receive encourages us and keeps Mike and I

focused and on track. Mike and I like the fact that the program uses regular food from the grocery store and incorporates a large variety of protein supplements. We get plenty to eat and the protein supplements help to keep you from getting hungry. Some of the supplements are so good, you feel like you must be cheating. Another point of



interest that The Beverly Hills Weight Loss & Wellness Program allows is eating out. We enjoy going out to eat with friends and family and order food that meets the program guidelines.



Doctor approved and recommended, our physician is thrilled with our weight loss success. We have been able to reduce or in some instances eliminate all together some of our medicines. My recovery and therapy after a total knee replacement has gone so much smoother. Friends and family are amazed at how much we've lost and the difference in our appearance. Together we have lost over 125 pounds and 110 inches. We've both dropped quite a few clothing sizes ~ it is even fun shopping again.

Our children think this is the best thing we've done for ourselves in a long, long time, and Mike and I dare not to mention we had to be at our best for our first grandchild, Autumn. We wanted to be able to watch her grow and our future grandchildren as well.

We give glory to God for all the many blessings he has given us, including bringing us to Beverly Hills Weight Loss and Wellness in Mooresville. We continue the program to date and are excitedly anticipating reaching our weight loss goals. Thank you Lisa and Ken for helping us on this journey toward our new and healthier selves. We feel great!

*Mike and Debbie Carson  
Statesville, NC*



### **Beverly Hills Weight Loss & Wellness has dramatically changed my life.**

I have struggled with a weight problem my entire life: a fat infant, toddler, child, teenager, and adult. My weight didn't bother me as a child, but it did begin to negatively affect me when I reached my early teens. I was taunted and teased not only about my weight but also about my petite size. (I'm under 5' tall.) My mother always told me I would have to watch my weight for the rest of my life. I was not built to be able to eat French fries, cheeseburgers, onion rings, and milkshakes like my teenage friends and still wear the stylish clothes I wanted. My first diet was at age thirteen, and then began the cycle of lose/gain/lose/gain. My weight stabilized at a decent level in my late-twenties to late-thirties, but I was starving myself and living mostly on salad and tuna fish. I passionately hated tuna fish for years.

Then middle age and menopause hit, and my weight skyrocketed. Not just five or ten pounds, but first twenty, then thirty, and forty. I continued to try losing weight but found it almost impossible. I had modest success and could lose about five to ten pounds, which quickly came back on again. I thought there was some magic formula that I had to

learn about weight control. I saw other people who seemed to not only lose weight but maintain it. I alternated between denial (you're supposed to look like this because you're middle aged) and feeling miserable. I dreaded having my picture taken or to look at myself in a full-length mirror. I have a very professional, responsible job and felt



the extra weight took away from the professional image I wanted to project. It's hard to look or feel professional when you're fat.

During the 2007 Christmas holidays, I was home on vacation and was reading the newspaper. I came across a company advertising a weight-loss special for after the holidays. The company did not list a location, just a telephone number. I remember glancing down at my body and seeing breasts, waist, (if you could call it that) and abdomen all blending together and gravitated to the yellow pages to find the weight-loss place from the newspaper. I never found the company I was initially looking for, because I saw the ad for Beverly Hills Weight Loss and Wellness. I liked their location (close to home), and their ad said "cook your own food" and "lose 2-3 pounds a week." A weight-loss company was advertising heavily on television at that time. I could not see the benefit in buying and eating their prepared food, which looked unappetizing as well. It did not appear their plan was neither teaching maintenance nor a lifestyle change. I called Beverly Hills, spoke to Lisa Deal, the director, and made an appointment. Truthfully, I was not optimistic but felt I tried everything so what's one more, right?

I almost got cold feet when I first pulled into their parking lot on January 14, 2008 but persevered and walked inside. The previous week I had my yearly physical. While I was not suffering from any serious health conditions, my cholesterol was out of sight. I also had been taking medicine for acid reflux for about seven years. The doctor's notation on my lab results was "try to do something about your weight." The time was now or never.

I bawled like a baby my first visit, almost as soon as I finished filling out their paperwork. A lifetime of inability to achieve a healthy weight, plus a growing fear I was a walking, talking risk for cancer, diabetes, gall bladder problems, as well as joint and heart problems, made me feel like this was my last chance. Lisa Deal put her arms around me and let me cry on her shoulder, telling me, "It's going to be all right. We're here to help you." In a private consultation I was weighed and explained how the weight loss program worked. All staff have gone through the Beverly Hills program and have first-hand experience in dealing with all the issues surrounding weight loss. The program is nutritionally sound. It is not a fad diet, nor does it use any weight-loss drugs.

I began to follow their program, keeping a daily food diary, weighing and measuring my food, and consuming the High Nutrient liquid supplements & the water they recommend. The first four weeks were miserable. Counselors explained this was a "lifestyle change and not a diet" and it would take "four to six weeks for my body to adjust." During this time, I had many questions each time I came in, (which were patiently and fully answered) as I had to adjust my thinking about food as well as the preparation required. I suffered cravings for food I could not eat but had rarely consumed anyway – like hot biscuits dripping with margarine. I remember walking in and when asked "how am I doing?" I almost screamed "I'm so hungry and irritable I'm miserable." Instead of laughing or telling me to "chuck it up", I was told to consume a Supplement if I felt that much hunger. One time, Lisa gave me a supplement to drink right then and there. "You need to drink these," she said. I faithfully go twice a week for a private weigh-in, consultation, and a review of my weekly food diary. Lisa and Kendra are also available by telephone and e-mail if you have an urgent question or just need someone to talk you through making a good choice in food. Everyone slips when learning new things, and I have "fallen off the wagon". Lisa and Kendra treat this as "minor setback" and have many solutions to get you back on track.

Their products taste delicious, too. If you're a "chocoholic" like me, there's plenty to satisfy that urge and not go off the program. The puddings and gelatins make great desserts and whip up in a hurry. Liquid supplements keep hunger at bay as well as keep your blood sugar stable so you don't suffer sugar highs and lows. They even have cookies, nuts, and protein bars. For those times when a full meal is impossible, there are nutrient-dense protein shakes with no chemical aftertaste that are as satisfying as a complete meal. I keep some in my office in case I decide to work late.

The weight has come off at a slow, steady rate – about five pounds a month. The intense cravings have disappeared. I don't need the acid reflux medicine anymore. My blood pressure has dropped. I sleep better and deeper, waking refreshed and rested. I can visualize correct portion sizes. As this is being written, I have lost over twenty pounds and I am half way to my goal. I still enjoy pasta, steak, pizza, and pork chops. I can eat out and make healthy choices. I feel healthy, look younger and healthier, and able to enjoy life again because I have more energy. It's a pleasure to be able to wear nice clothes and be told how "fantastic" I look. I get second glances as I walk down the street. Now I laugh, smile, and joke when I come in for my bi-weekly sessions – no more tears – unless they are tears of joy.

Beverly Hills Weight Loss and Wellness is THE place if you are serious not only about losing weight but maintaining a healthy lifestyle. If you follow the program, do what they tell you, be honest when you cheat – you will lose weight. This was the best decision I have made in my life.

Thank you for the opportunity to share my feelings. I wish nothing but the very best to Lisa and Kendra as they have been with me throughout this wellness journey. It is thanks to all of you that I am well on the way to being the person who has been lurking inside all these years.

Most sincerely,

~ *Cathy*