

July 2005

I started working with Rachel in October 2004 when it seemed that, despite everything I tried or was doing, I was unable to lose weight and had gotten to the point that I no longer wanted to look or feel the way I did.

Rachel has such a real human way of understanding how you feel and works with internal and external components to accomplish the goals that you want to achieve.

It doesn't matter if your goal is weight related or just improved health, Rachel has a vast knowledge of information and when presented with a situation where she doesn't feel like she has enough information or it just isn't working, Rachel will immerse herself into learning, researching and getting the information that will work and fit your needs.

When you partner with Rachel, your weight loss goals, or any other health goals, will be accomplished and you will never be on your own; Rachel keeps step with you every step of the way. I lost my goal of 25 lbs. and am staying within the agreed upon 3-5 lb. *lifetime* maintenance window.

Looking and feeling good is a state of mind and body. If you can make the commitment to yourself to achieve your goals, you will walk with your head high and have a positive attitude that will certainly be noticed by those around you.

*Grateful to have accomplished my goals and continuing,*

Pam Flickinger