

April 22, 2009

I was blessed to cross paths with Rachel almost nine years ago back in February of 2000.

I had been working out at a gym with a male trainer. Over an extended Christmas vacation spent in Ireland, I gained weight. Upon my return, he made the comment to me that if I was to continue to gain weight, that I would be bad for his business. I was completely devastated by his comment. However, he then did me the biggest favor and referred me to Rachel. He felt strongly she would be able to help me deal with the emotional side of my weight problem.

At the age of eight, I was put on my first diet by my mother. It set up a pattern of yo-yo dieting for many years to come. When I was first referred to Rachel, little did I know how instrumental she would be in helping me. Together, we determined the optimum pieces needed for *me* -- *personally* -- to lose weight. To date, she has helped me maintain **a 70lb weight loss!**

How did this happen? By Rachel being there to support me every step of the way with ongoing, uplifting encouragement. She genuinely cares about her client's well-being and wants you to succeed so much that you feel like you are her friend rather than her client. Since my first session years ago, she has seen me blossom from a shy, unsure girl into a confident, strong woman and she has very much played a part in that.

What I think is awesome about Rachel is that she practices what she preaches and is the embodiment of good health herself. She not only talks the talk but walks the walk (literally!) There is nothing fad related to Rachel's Weight Management program. It's all good common sense, its sound and something that you can do for life.

More specifically with the program what has helped me is:

- **Accountability** – staying in touch with Rachel on a regular basis really keeps you on track, if something is not working; she will determine the best way to fix it. She is on your side!
- **A highly nutritious green drink.** I will be forever grateful to Rachel for introducing me to this piece. I drink it everyday for lunch. It really keeps my blood sugar levels even. It also helps to eliminate cravings for sugary junk foods. Rachel recommended adding Udo's oil to the drink. That gives me the benefits of healthy Omega 3, 6 and 9 and also helps to keep me full for longer. Plus, it is \$60 for a can and there are 30 meals in a can that works out to be \$2 a meal. Where can you get such a highly nutritious meal for only \$2?
- **"Live Right for your Blood Type"** – being an O Blood Type, confirmed my need for consistent vigorous exercise. There is no doubt I feel so much better both physically and mentally after I work out.
- **Lots and lots of water!** Rachel introduced me to a wonderful therapeutic –grade essential oil and I add a drop of Lemon oil to the water and this makes it very refreshing.
- **Avoiding gluten and dairy** - They are not friends of my blood type. Consistently doing this has helped me to lose and maintain my weight. Today there are many wonderful substitutes available and it is not as much of a daunting task as it used to be.
- **Rachel also introduced me to an amazing stamina/energy drink.** It is primarily made of Wolfberries with plenty of antioxidants added. I really notice a difference when I drink it before a workout. It gives you tons of energy, but not in a caffeinated wired kind of way!

- **Encouragement** - so often she knew just the right words to help me “reframe” when I was in a challenged spot or day. By the end of session she had me again focused on all the things I had accomplished rather than the few I had not. Rachel will continually boost you to and back to your best!

Take it from me, you will benefit greatly by working with Rachel. Her years of research and knowledge, her own personal experience, plus her upbeat and positive attitude truly set her and her ***STRESSERCISE for Life*** Health Enhancement Program apart!

Katherine Browne