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Fit, Fun and Fabulous Testimonials

Elaine: Lost 40 pounds of fat and reduced blood sugar from 150-200 to the 80s

Elaine became a diabetic, and was caught in a yo-yo cycle of weight gain and loss. Each time Elaine made serious progress, she eventually hit a plateau and felt discouraged all over again. She did not know about organochlorines (an organic compound containing at least one covalently bonded chlorine) or how to pull them from the system as they were released. With coaching and the **Fit, Fun and Fabulous** lifestyle approach, Elaine lost 40 pounds of fat in 14 weeks, and normalized her blood sugar from the 150-200 range down to the 80s!

Cynthia: Lost 19 pounds of fat and recovered 12 years of biological youth

Cynthia had an enormous amount of stress in her job and was eight years older biologically than her chronological age of 55. She complained of neck, shoulder, arm and hand pain, dizziness, depression, weight gain, and irregular bowel movements. Determined to manage the aspects of her life that she could control, Cynthia made the decision to work with a personal trainer. She was set up with exercise coaching, and the **Fit, Fun and Fabulous** program, including medical foods, to help manage environmental stressors. Cynthia has already lost 19 pounds of fat and regained 12 years of her biological youth back!

Diane: Lost 41 pounds of fat, recovered 7 years of biological youth, reduced diabetic medication

Diane, 60 years of age, was 80-plus pounds overweight and on a downward spiral with Type 2 diabetes. "I've been a compulsive eater and yo-yo dieter my entire life," Diane shared. "I can't remember the last time I weighed less than 200 pounds. I'm disheartened!"

Diane also suffered from high blood pressure, poor sleep patterns, low energy, and had been treated for uterine cancer. She was skeptical of the **Fit, Fun and Fabulous** program because she had tried every diet known to man. Just halfway through the program, Diane had already recovered seven years of her biological youth, lost 41 pounds of inflammatory fat tissue, and was at her lightest weight since 1989.

Most importantly, her medical doctor was able to reduce her diabetic medication since her A1C glycated hemoglobin (which reflects the average blood sugar levels over a two- to three-month period) decreased from 8.0 to 6.4 (with normal being 4 to 5.9). The program was also effective at eliminating the dawn phenomenon – the nighttime blood sugar spikes that so many diabetics struggle with.

Rena: Recovered 13 years of biological youth, lowered blood pressure, increased grip strength by 5 kg

Rena is living proof that the benefits of exercise can be had at any age. Rena entered Dr. Hartford's office at the age of 73 with hypothyroidism, high blood sugar, depression, hair loss, high cholesterol, no energy, and a desire to lose at least 20 pounds. After 12 weeks on the **Fit, Fun and Fabulous** program, Rena's biological age dropped from 71 to 58. Her blood pressure lowered from 150 over 90 to 130 over 75! Rena's grip strength increased by 5 kg and she was able to perform 25 pushups instead of just three! Now, how many 73-year-olds do you know who can do that?

Jen: Recovered 15 years of biological youth

Jen, 36, was facing issues digestive in nature, with recurrent bloating and irregularity, and her biological age showed at 51. What came to light was that the stress in Jen's life was off the charts; in fact, she was having recurring nightmares from it all. Even though Jen was not overweight, she understood that health is a balance of all systems, so she committed to the **Fit, Fun and Fabulous** program. By the end of the 12 weeks, all of her chief complaints had subsided and her biological and chronological ages aligned. Essentially, Jen recovered 15 years of biological youth and was finally able to handle the stressors of everyday life much better.