

Dr. Esselstyn Nutrition Program

Patient Value LLC

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TESTIMONIALS

#1. “I did not know I had issues (high cholesterol, etc.) because I had never been tested. I was shocked by my initial blood work and even more motivated to follow the diet.”

“The results I achieved were awesome. I dropped my cholesterol by 100 points in 40 days. My BMI: 29 to 25, my weight: 220 to 190 (I am now 182lbs), my waist: 41" to 35. From the blood tests, six categories moved into the "green.”

“I feel better, I have more energy, I sleep better. My wife says I stopped snoring (I still swear I never did). I no longer wake up due to my arms falling asleep. I was never hungry on this diet, in fact I ate even more - just food that is good for me.”

#2. “I have an auto immune condition that causes constant inflammation throughout my entire body. I saw significant reduction in inflammation within the first couple of weeks.”

“Both of my parents are now on the diet. They are both diabetic, with high blood pressure, and my father has heart disease. Both have seen marked reductions in their insulin intake, and have lost over 10 lbs.”

#3. “I feel amazing. My total cholesterol dropped from 160 to 141. My blood pressure improved. I lost 17 pounds during the 30 days. I am currently a pound shy of 30 lbs lost since the eating a Whole Food Plant Based diet. We had a great time sharing recipes and delicious potluck Friday's. Join the challenge for 30 days and you just may change your life. I did!”

“My daughter who has struggled with her weight like me has already lost 10 pounds. I wish I would have known about this 10 years ago.”

#4. “The Fuel For Life Program made it easy for me because all the resources and support I needed were right there. Once I started watching the videos and doing some research, I was even more motivated. The potlucks were really good.”

#5. “I didn't actually sign up for the Fuel for Life challenge. It seemed way too restrictive and unachievable. However, I kept seeing the Fuel for Life update emails and the books and videos in the pantry area. I borrowed them because I was curious and really wanted to lose some weight.

Everything I was learning made sense. When I returned from my vacation, I decided to give it a try.”

“In the first week, I lost ten pounds. Now, three months later, I have lost a total of 17 pounds.”

“I also had so much more energy. I was waking up an hour earlier than usual and actually getting up rather than rolling over. After work, I wasn’t going home and crashing in front of the TV, but getting out and walking or riding my bike.”

“I believe that the changes I have made are significant and I do plan to continue.”

#6. “It has now been 3 months and I have not felt this good (both inside and about my outside) in a really long time.”

“I was diagnosed with two chronic pain conditions, one at 14 and one at 24, that made me miserable. I now have been managing the pain on my own without medication for about 2 months.”

“If that wasn't enough, I have lost 17 pounds. I am so happy that I decided to take this challenge with my co-workers and am proud of myself for keeping it up!”
