

What Clients are Saying!

Before starting the program, I was sluggish and unable to lose weight. After three weeks, cravings are much more manageable, no longer compulsively “grazing” on unhealthy foods. Energy levels have improved. I’ve been able to lose 5 pounds so far. Improved mood with less anxiety. Very impressive supplements working with the body.

Dana M

Since I began NRT and especially once I eliminated almost all grains and reduced my sugar consumption, I have noticed that a slow but steady loss of weight is occurring, without any extra effort beyond eliminating grains. My blood pressure seems to be going down. My problem with congestion and post nasal drip simply goes away when grains are eliminated. My complexion has improved and I think my overall pain level has gone down while at the same time my energy level has gone up and I can be much more physically active than I was 6 – 7 months ago. Cookies and cakes used to be things I couldn’t resist but now they just don’t appeal to me. Overall, I just feel better!

Karen B

Before starting the program, I was hungry all the time. I did not have much energy and I couldn’t walk very far. Now I am not eating as much, I have lost 10 pounds, and I am walking further and my hip is no longer hurting. I am able to move more during the day. I no longer have macular degeneration.

Margaret S

I am beginning to look at food in a different light. Rather than as a solution to problems, I see it as a means to becoming healthy as I get older. I am learning slowly to make wiser food choices and in doing so learning to hear and feel how my body reacts to what I ingest. I also like the one on one approach with someone whom I feel cares. I do not feel fatigued or generally depressed anymore.

Judith S

I am writing this testimonial on behalf of Susanna and Don Wetsel. They are two of the best doctors I have ever been to. I am 49 years old, and thought my life was over. My pain had reached a 10+ and no M.D. could help me. I had seen at least 20 – 30 M.D.’s and all the pain clinics, and no one could help. My body would not function anymore and I could not take the pain. I was making what I thought was my last round to see my friends and family and I overheard a friend talking about Susanna and Don, and how they could fix anything. I thank God everyday I came to see Susanna and Don. I have gone from being bedridden, to a 30 year old again. I have gone back to all of my old hobbies that consist of racing golf, bowling, cutting firewood, motorcycle riding, yard work, hunting and I take care of three sick people. I owe my life to Susanna and Don. They are wonderful doctors and good people too.

Thank you very much!

Stacy B

Before I came to see Health TLC, I was not happy with my weight. I was fatigued at time. Now I feel stronger and have lost weight, my clothes fit much better. I seem to have more energy and my thinking is clearer most of the time.

Donna S

Before I came to Health TLC, I had very low energy/motiation. Everyday tasks seemed huge. I wasn’t enjoying any of my hobbies or interests. I wasn’t giving my children the attention they deserved. I was overweight and had a poor body image. Now I have lost 20 lbs. My eating habits have improved greatly: Lots more fresh whole foods. I’m more motivated to get things done throughout the day. I’ve been enjoying my hobbies again and I have the energy to work on them long into the night. My husband and children are happy with the changes and I am thrilled! Thanks!

Ellen M

Before starting the program I had a severe lack of energy, felt sleepy in the middle of the day. My muscles seemed to be overly tight and prone to pulls (I am a stone mason). I didn't feel or look in good shape and I wasn't eating well (McDonald's dollar menu).

Definitely feeling more energetic and eating better (no more dollar menu). Finding I need less sugar in my coffee and tea. Has changed my taste so that I actually enjoy eating vegetables. I feel and look better. I have lost 5 – 7 pounds. My wife says I look better. I have not experienced any muscle pulls, still doing stone work. Generally feel better and have more energy.

Ed M