

I was first referred to Dr. Res for problems with my balance. According to him, I first came into his office “shuffling” rather than walking. I began seeing him frequently (about 3 days a week) to avoid further atrophy of my hip, pelvis, and lower back muscles, as well as to learn how to increase their strength. During my sessions, we spoke about all the literature he had around his office geared towards healthy eating and food supplements. I became very curious about his new methods towards a healthy lifestyle and I decided to attend one of his seminars where I watched a short film on body detox and which foods are important and beneficial for your body. During the seminar, Dr. Res spoke of Metabolic Syndrome, which affects nearly 60 million Americans and can be the result of poor diet, stress, lack of exercise, and vitamin/mineral deficiencies. He also explained how this lifestyle can lead to the body losing its ability to metabolize carbohydrates, which can lead to insulin resistance.

After the seminar, I asked Dr. Res if I could talk further with him about his detox program. He told me that I was in fairly good health, but he thought that with his program, I could eliminate the problems I have with high blood pressure. After learning more about his program and reading the materials I received, I decided that his program was right for me. I wanted to permanently change my lifestyle for the better, rather than have only a “temporary fix.”

Around the beginning of March, I began the detox program. I was required to take daily supplements and eliminate sugars and carbohydrates from my diet. I was on a strict diet consisting mainly of fruits, vegetables, protein shakes, and occasionally meat; such as chicken or fish. I implemented the diet for three weeks and found that I enjoyed the food I was eating and that it was an easy diet to maintain.

After three weeks of the detox, I began taking different supplements and continued to eat a semi-restricted diet filled with minimal carbohydrates and sugars. I discovered that I was learning to control my cravings and was enjoying my new lifestyle of eating. It has now been almost three months and I have lost 15 pounds. I still yearn to lose 10 more pounds and plan on maintaining my new eating habits. My cardiologist has also lowered my blood pressure medication. Dr. Res is extremely knowledgeable regarding nutrition and natural supplements and is eager to share his knowledge in order to benefit others. He knows his program and its benefits, and is open to helping and supporting you on your way to a healthier lifestyle.

-Testimony given by: Donna Ward

*Donna Ward*