

Testimony Time!

Have you ever wondered if THM really works for real people? Here is a testimony from my client Sarah!



July 18, 2018- I made the decision to become healthier. I was 7 months postpartum and completely miserable. I wanted to get rid of the extra weight and find my usual energy again. I started cutting back on eating out and just tried to make better food choices. I was able to lose a couple pounds on my own.

A few weeks later Shannon Sikes reached out to me and let me know she was going to be a THM Coach and asked if I was interested. I of course said yes! After our initial coaching session I jumped into the THM plan and haven't looked back.

My first on plan day was August 18, 2018.

While I haven't been 100% every single day, I've never completely fallen off plan. I do make a few planned splurges on occasion. I am almost 5 months on plan now and I feel so much better! My energy is back and my body feels healthier. I've recently started taking Feminine Balance and I've noticed it helps me emotionally! THM is absolutely life changing and it especially helps when you have a good coach backing you along the way!

I honestly would have quit long ago, despite the weight loss, if I was not able to ask her questions about the plan. While I feel more comfortable now deciding what to eat / not having to worry if I am eating on plan or not, I'm still learning. It's so nice to be able to ask for help, and vent when things aren't happening as fast as I would like. And having the accountability definitely helps me stay on track!

6 months ago I was the heaviest I have ever been...Today I can say that I have lost 40 pounds and they are never coming back!

Thank you Pearl and Serene for coming up with such a doable plan, and thank you Shannon Sikes (My Healthy Journey For Life) for letting me pester you with THM questions on a weekly basis. ☺♥☺



Don't forget to check out the [No Excuses THM New Year Challenge!!](#)