

Hello to Everyone!

Summer has come and gone. The kids are back in school. Vacations are over. So.....this is the ideal time to get back on track with your weight loss before the Holidays get here.

Whether you are doing lifestyle or want to do HCG you have 10 weeks until Thanksgiving. For the 45 day HCG program, this means you will be able to complete your 6 weeks of HCG and 3 weeks of transition as long as you get started by next week (September 20).

Many people say the biggest thing that stops them from coming back is embarrassment. We all have gained weight in the past. So don't let anything get in your way of achieving your weight loss goals. We are here to help you!

See you soon.

Annette E. Neumann, D.O.

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