

HMR Success Story

Joe loses 160 pounds in less than 1 year!!!



Joe joined our HMR program in April of 2009. His commitment to the program has been incredible as he still has not missed one class in over a year. His attendance and willingness to take on all the commitments of the program are some of the major reasons Joe has been so successful. After following the Decision Free Diet in our Weight Loss Phase for 9 months, he lost 133 pounds. He continued to lose another 27 pounds in the Phase 2 part of the program. He has now reached his goal weight after losing a total of **160lbs!!!** He is currently a member of our phase 2 class and focusing on learning the skills it will take to maintain his weight loss. He has been a positive influence on all of our patients and we look forward to helping him protect his weight loss!

My HMR Success Story...

By Joe Johnson

My name is Joe Lee Johnson. I am a 60 year old male. Before I went on this program: I was on blood pressure and cholesterol medicines; 105 units of insulin twice daily; fluid pills; pain medicine for my legs; and two types of heart medicines. I got to the point that I was having difficulty getting up and down the steps to my home. I could not even walk to my mail box that was only 25 yards away. My life was pretty much limited to sitting in my recliner. My doctor kept talking to me about having gastric bypass surgery and because my blood sugars were getting higher and higher, he sent me to Hanover Medical Specialists. It was there that I saw Dr. McGarrity and he told me about the HMR program. I thought it over and decided to try the program. The very first week on the diet, my insulin was cut in half. Because of the amount of weight I wanted to lose, I went through Phase 1 and then into the ongoing class for another 7 months. Since I started the HMR diet, I have lost 160 pounds and lost 14 inches in my waist. I went from a 4x shirt to 2x shirt and can finally shop at normal stores again! I am completely off insulin, pain medicine for my legs, and all the other medications have been cut in half.

It wasn't until I was traveling down to my HMR class one night that I realized I was feeling good about myself and I actually felt happier. I often wonder what would have happened to me without this diet program. I have always been an outdoors person. Before I went on this diet I had gotten to the point that I was afraid to get in my boat because I was so heavy and clumsy. I was unable to go hunting and do the other activities that I love to do. Since losing the weight, I have been able to return to the activities that I enjoy so much! To point out how much this diet has changed me, I need to tell a story: I was at a yard sale and this man approached my table and stood around for a couple of minutes. As he was walking away I asked him if he was going to speak to me. He told me that he did not know me. It made me feel really good when I informed him that I was his oldest brother who he had not seen in a year and a half. Needless to say, he was shocked at the amount of weight I lost. I do not even look like the same person. I strongly recommend that any obese person try this diet. It has saved my life. To all the HMR staff that have supported and encouraged me during this time: All I can say is thank you very much.