

Dear Dr. Poon

My mother, E. and myself are on your diet. In the five visits to your office so far, we have lost 23 pounds and 21 pounds respectively. Although we still have a great deal of weight to lose, we are truly confident that for the first time ever, we will successfully reach our goals. We have never gone hungry, felt disadvantaged, depressed or irritable on your program.

Previously we attended virtually every weight loss center invented and all with the same results – failure. On some of these diets we only lost a couple of pounds here and there. Other diets made our hair fall out and caused financial stress, and even though we rapidly lost weight, as soon as we started eating like human beings again, the weight just as rapidly appeared.

We have never been on a diet before which has given us such optimism for regaining our health and enjoying a normal healthy weight. We don't even feel like we are on a diet, just making healthy choices. Nor have we ever been on a diet before when we lost weight every week and did not feel hungry or deprived. Everything about this diet makes sense and your book is excellent as you make it very simple for us to follow.

Thank you Dr. Poon for giving us so much hope and energy. Bless you for developing this diet so that everyone has an equal opportunity to feel well and good about themselves again.

Every time we visit your office, we are so happy that you see less of us. We also enjoy your spot on the radio.

Thanks again.

Best regards

M.