

LIZ MACK (DISTRIBUTOR)

Transformation Number = 10

My goal was to lose 10 pounds initially. The weight came off quickly and I realized I could achieve more. I then lost 9 more pounds and the process was much easier than I thought it would be. I just stayed consistent with the program and my belief in success increased dramatically because it was painless. I now feel confident that I can keep my weight in check where before I was losing hope. I love Gamma!

Inches Lost = 10
Weight Lost = 19

