



INTRAMEDIA  
PUBLISHING

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Contest Winner!!!

November 30, 2007

Hattie Singleton  
[REDACTED]  
[REDACTED]

Dear Ms. Singleton,

Congratulations! Enclosed is your first place prize of \$600 for the essay you submitted to IntraMedia Publishing's Living Naturally Contest on Weight Loss. The reader response to this contest was overwhelming, but out of all of the entries, your story truly stood out as a shining example of how exercise, diet, and natural nutrition can help promote weight loss and dramatically enhance overall well-being.

We sincerely thank you for sharing your story with us and our entire readership. It is our hope that by publishing personal stories such as yours, our readers will be inspired to explore the many natural pathways to healthy weight loss, and hopefully to achieve positive results just as you have. Thank you once again for helping us in this mission – your powerful story has most certainly motivated many readers to begin shedding pounds and improving their quality of life the right way: through exercise, diet, and nutrition.

Regards,

Gerard McIntee  
Publisher  
Intramedia Publishing LLC

MY CHOLESTEROL WAS 234 AND MY GLUCOSE WAS 106. WITH THE HELP OF MY DAUGHTER AND HER FIANCEE' WHO OWNS A WELLNESS CENTER WHICH INCLUDES NUTRITION COUSELING,WEIGHT LOSS AND COLON CLEANSING, I BEGAN EATING MORE FRUITS,VEGGIES AND SOY PRODUCTS. I EAT LOWFAT AND FAT FREE FOOD AND USE PORTION CONTROL AND A DAILY JOURNAL TO LIST MY CALORIC INTAKE. I USE LOW CHOLESTEROL,SUGAR FREE AND LOW SUGAR PRODUCTS REGULARLY. I GO TO THE GYM 3 DAYS PER WEEK AND USE THE ELLIPTICAL AND TREADMILL FOR 55 MINS.. I ALSO USE OTHER STRENGTHENING MACHINES. I DO TONE-UP EXERCISES AT HOME 5 TO 7 DAYS PER WEEK. I TAKE A MULTI-VITAMIN,FOLIC ACID,FLAXSEED AND FISH OIL,GARLIC,CINNAMON,CALCIUM WITH VITAMIN D,Q-10,AND HAWTHORN DAILY. MY BEGINNING WEIGHT WAS 223 AND MY CURRENT WEIGHT IS 153. MY CHOLESTEROL IS 197 AND MY GLUCOSE IS 86. I HAVE MADE MY HEALTH A PRIORITY, BY EATING HEALTHIER,EXERCISING DAILY AND BY USING SUPPLEMENTS TO BOOST MY FOOD INTAKE. IT ALSO HELP TO HAVE FAMILY MEMBERS WHO ARE INVOLVED WITH NUTRITION. I AM 58 YEARS OLD AND I AM IN THE BEST SHAPE OF MY LIFE.



Story of How weight was lost and Health Improved

Before + After Pictures



After



Before

