

# Picking Your Next Diet



It has come to my attention that a drug used to treat diabetes is now flying off the shelves as a weight loss drug. If you (or someone you know) are thinking about using that kind of drug to lose weight let me ask you to think twice. I can tell you stories.

Before I created **Plan Z Diet**, I tried just about every diet on the planet. Same results every time. I'd lose a little weight and then it would come roaring back and I inevitably ended up with more than I started with. It's a vicious cycle. Those of you around in the 1990s might remember another drug that was widely prescribed for weight loss.

At the time I was a patient at the obesity clinic at the University of Wisconsin. They had a great reputation, so I trusted them. The drug of the day was Fen-Phen. They prescribed it for me. I visited weekly with my food log and weighed in. They'd ask me questions. Sometimes they took blood. They always took my blood pressure.

I'll cut to the end of the story...

I took that drug for 18 months. I lost a whopping 13 pounds. They told me I was going to have to take that drug forever to

keep off what I had lost. They told me I could expect slow progress going forward. I remember being on a golf course one time and hardly having the energy to drag myself up the hill to the green so I could putt. That drug affected every day of my life.

The clinic shut down for budgetary reasons and I was left out in the cold. In less than a year of not taking the drug, the weight was back. I was eating healthy. No matter.

Then after two years, they came looking for me. They realized that Phen-Fen could cause serious heart issues. So they wanted me to come into the hospital to ensure I was okay. I was okay as far as my heart was concerned but not really. I had another story of promise only to fail in my efforts to lose weight and keep it off.

Now it's happening again.

The diabetes drugs that are gaining popularity to an alarming extent are showing signs that it's not such a great idea to take them. They don't know what the long-term effects will be. Some have started reporting slacking in their faces. Their skin has lost elasticity and can only be fixed by a dermatologist with injections.

Those injections are expensive and so is the drug! They are charging up to \$1000 or more a month for the drugs. People are draining their savings in the hope this will work. The insurance companies call them "vanity drugs" and most are not covering them.

**You know my preference is you do Plan Z.**

Plan Z was designed by someone who has been through it all. I'm not out to take your money and disappear. We have been around

for 13 years.

**Plan Z is safe.** There are no drugs involved. I invented a natural remedy to help you diet comfortably and you don't have to take it forever. I teach you the tools you need to keep the weight off.

**Plan Z is not expensive.** And if you are struggling financially, we can work with you on a payment plan.

You **eat real food** with Plan Z and you will not be dependent on injectable drugs.

You'll see success stories all over our website at **[www.planzdiet.com](http://www.planzdiet.com)**. The people say, "This diet is different!" It's not like all those failures you've experienced in the past. This really is different. Plan Z gives you the support you need to be successful and the coaching and information you need for the long haul.

The current drug fad too shall fade... as the one for Phen-Fen did.

What I worry about is there are over 100 million people in the US who need to find an answer. Taking a diabetes drug to lose weight is not it.

**Plan Z is the answer!**