The Hidden “Danger” of Losing 40 Pounds on Plan Z

Some Plan Z dieters send us before and after pictures.

Some send us emails telling their story.

But Plan Z Dieter Margaret sent us this picture of the inside of her closet.

> *She wrote:*
>
> *“THIS is what happens when you lose 40 pounds and go from a size 18 to a size 10. The folks at Goodwill thanked me for my donation. I’m on ZReboot, loving it and maintaining my weight loss nicely.”*

Listen to her motivating interview: