

SOZA Weightloss

Success Stories

What's Holding you back?

It's easy to get Started!

Lindsey Miller

NO LONGER A PRE-DIABETIC!

52
POUNDS DOWN!

HOW DOES THE PROGRAM WORK?

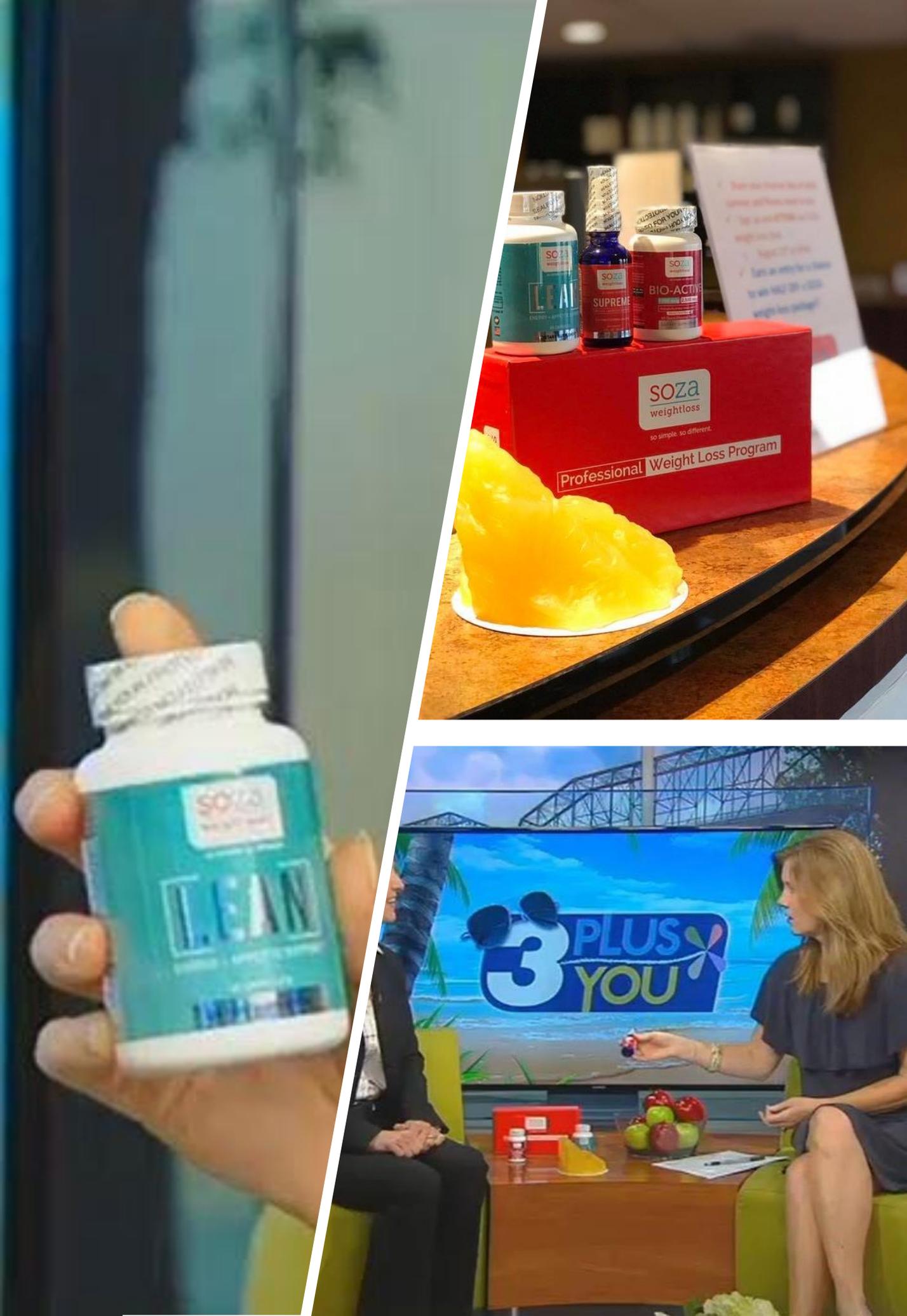
- * PROFESSIONALLY SUPERVISED
- * REAL FOODS
- * FDA REGISTERED SUPPLEMENTS
- * WELLNESS LIFESTYLE

ALL-NATURAL RAPID FAT LOSS PROGRAM
More energy! Feel great! Reduce Medication!

Read My Story!
p8

Alex lost 100 pounds
Cheryl lost 60 pounds
Darlene lost 140 pounds
More stories inside!

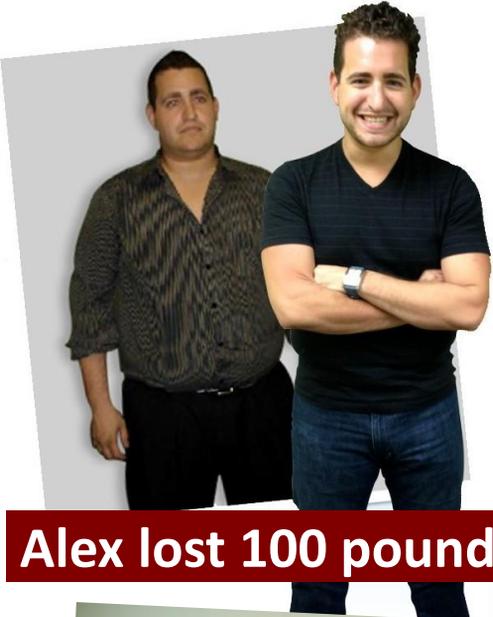




Amazing stories. Lots of inspirational testimonials of successful patients on our rapid fat loss program.



Lindsey lost 52 pounds!



Alex lost 100 pounds!



Cheryl lost 67 pounds!



Marie lost 30 pounds!

These are our old pants!



James lost 80 pounds.



soza
weight loss

so simple. so different.

My Soza experience:

I love Soza! I was leary in the beginning but here it is ^{2.5} months later + ~~I~~ I lost 36! I am so excited!! I wish I knew it could of been this easy. GS. ^{my husband loves} the new me!!!

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weight loss

so simple. so different.

My Soza experience:

SOZA has been great! I lost over 40lbs in 6 weeks. No issues with hunger or energy.
Thanks, ESE

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weight loss

so simple. so different.

My Soza experience:

I am 50 and need to lose about 30 lbs. Since starting with Soza about 1 1/2 wk ago I have already lost 6 lbs. Easy to follow diet and the peak supplements really help my cravings
JR



Lindsey is no longer a pre-diabetic.



Interviewer: SOZA. Last week, we shared three inspirational weight loss stories. But today, SOZA is back to show us the healthiest way to reduce the need for some medications or to come off those medications completely. I'm joined today by Dr. Joseph Gambale from SOZA, and also Lindsey Miller, who **was pre-diabetic but is not anymore**. Twenty nine years old, and pre-diabetic, that had to be really scary.

Lindsey: Oh, it certainly was, yeah. And it was a wide awakening. It just happened to be, unfortunately, about the time when my grandmother passed away from the disease. So the timing couldn't be more perfect in regards to opening my eyes to changing my life and to having to find a place like SOZA really help me, you know, create a path for a healthier year.

Interviewer: So, Dr. Gambale, there are a lot of people who are diabetic or who are on blood pressure medication, how does SOZA's program fit into helping those people lose weight because sometimes they really struggle?

Dr. Gambale: Well, as our clients lose weight, they'll notice the blood sugars will start to drop. The blood pressure medications will also decrease. And we work alongside with family doctors. And, you know, they would readjust medications as needed because, with the weight loss, we see a reduction in blood sugars and blood pressure, you know, medications.

Interviewer: **So Lindsey, how difficult was it to be able to do this? I mean, can you give us a framework of what your day has looked like and whether you were hungry?**

Lindsey: It was actually much easier than I thought it would be. I never went hungry. It's small meals throughout the day. And it's delicious food. It's eating real foods. There's no, you know, pre-packaged meals or anything. And, you know, the great thing about the numbers for me specifically is I wasn't on medication, but I was pre-diabetic. So for me, at 29 to have the numbers be at...my triglycerides at 241. And then, you know, having to face that fear. SOZA made it easier for me, and they created a plan that was realistic for my lifestyle too.

Interviewer: Okay. You saw the before and the after picture. But wait you hear this. How much weight did you actually lose?

Lindsey: So I'm down 52 pounds and just over 40 inches of weight loss. And what's even better is that my numbers went from 241 for my triglycerides to actually 133. So it's below average.

Interviewer: Isn't that fantastic?

Lindsey: Yeah. It's exciting.

Interviewer: Okay. And this is not an unusual situation, is it?

Dr. Gambale: Absolutely not. We see a lot of our clients lose that much weight and come off their blood pressure medications or diabetic medication or even reduce them. As a physician in the hospital, I see, unfortunately, complications of years of diabetes and hypertension. I see strokes. I've seen patients lose limbs from diabetic infections. Working with SOZA is a nice way to, you know, prevent these complications.

Interviewer: Indeed, all right. And have a healthier life. Investment in the future, as you say.

Lindsey: Absolutely.



Watch us on
You Tube™



I lost 63 lbs!

“LOOK^{at} Me-

AND READ MY WEIGHT-LOSS STORY!”

– Jackie, Cherry Hill*

Day 1

Day 120

“I’m a housewife and busy mother. I lost 63 pounds and 55 inches by the tape measure on bust, waist and hips in 120 days.

I have never felt better! I feel great, and I have referred a lot of



CBS 3 Interviewer: Well, summer is coming in your direction and if you need to lose a few pounds before bathing suit season, this is the time to do it. Why don't you to take a look at Jackie? Jackie lost 63 pounds in four months. She went from a size 24 to a size 8. Question is, how did she do it? Jackie is here with us to tell us all about it. Along with Dr. Joseph Gambale of the SOZA. Welcome to both of you.

Dr. Gambale: Thank you.

Interviewer: Jackie, what an amazing transformation.

Jackie: Thank you.

Interviewer: How do you feel, 26...or 63 pounds later?

Jackie: I feel amazing. To say I feel 20 years younger is not an exaggeration.

Interviewer: Do you find your energy level is much higher?

Jackie: It's amazing. And I was telling them in the back room that I got on a bicycle yesterday with my five-year-old daughter. I haven't been on a bicycle in probably about 25 years and it was nerve-wracking, but it was an amazing experience and I did fine and it was exciting.

Interviewer: So, Dr.Gambale, what was the program that Jackie followed? How did she do this?

Dr. Gambale: Sure. well, the **SOZA plan is an all natural, medically supervised weight loss plan.** The diet consists of fruits and vegetables along with proteins like beef and chicken. We use supplements which are all natural, which promote weight loss and aid in cravings. And we don't use diet pills or amphetamines, which are dangerous, we don't use prepackaged foods which contain preservatives and we don't use, you know, we don't test our patients through extensive testing, which is unnecessary and expensive.



Interviewer: And so Jackie, how did you manage through the program? Give us a sense of what a day was like and when you got hungry and when you didn't.

Jackie: This was the easiest thing I ever did. Honestly, I've done every diet out there. It is three proteins a day, five fruits and vegetables. It's that simple. It really is. There's no weighing, there's no measuring. **You know what you're allowed to have and what you're not, and the supplements really did help.** They were no cravings. I wasn't hungry and I was a big girl. I ate a lot. I can honestly say I wasn't hungry. And I had a great support system. The people in the office are wonderful. You're there every week to be weighed and measured and they're there when you need them. My family was wonderful. It was the easiest thing I ever did.



Interviewer: But really how did you cope there when you know you're a big girl and you're used to eating a large volume of food and then all of a sudden you're down to a much smaller portion. So how do you manage that kind of psychologically?

Jackie: It's scary at first, it really is. But the best part of this psychologically is you go in there and three pounds, three pounds every week. The scale never went down less than three pounds and that was just an amazing thing. How much more motivation do you need then? This is working. I can do anything for 60 days. I couldn't do anything for 90 days.





Alex lost over a 100 pounds

“By losing over 100 pounds on the SOZA program, I feel like I’m taking an active part in preventing any future health problems. The results speak for themselves, and I’ve talked to a lot of friends and family and, you know, they’re interested in the program now, because they’ve seen the results in person. And a lot of people see, you know, different role models, you know, losing weight on TV, different celebrities, but I’m a real person and I can swear to you that this is the real deal. The reason that this program is different than others is because they teach you, you know, how to eat healthy. So, after you’ve completed the program, you should be using sea salt, you should be using different ingredients, as opposed to heavy fats and things of that nature, whole foods or organic foods. But it’s not prepackaged. They don’t send you breakfast, lunch, and dinner. You have to make breakfast, lunch, and dinner. But in doing that, you’ve created a way that you can teach yourself, you know, how to eat healthy for years to come.”



Alex came every week for a weigh-in. Staying motivated is very important.





so strong

" After 4 and a half months I was able to lose 100 pounds and fit into a medium sized shirt.

1 year later, I've put on lean muscle, and kept my weight off! I now enjoy going to the gym regularly, and preparing food that makes me feel and look great.

They are truly committed to changing your life, instead of selling you a product and hoping for the best. "

Alex

so motivated

" I tried weight watchers, Herbalife, and a personal trainer. None of them worked out.

I was at a point where I refused to buy clothes because I was unhappy.

With SOZA I lost 20 pounds I easily fit into my pre-pregnancy jeans! "

Melissa





SOZA is about eating clean



You know me. I'm always talking about the best ways to lose weight and stay healthy. But it's all about doing it safely, and that's to eat healthy and clean.



"I really love the philosophy here. This is something that I've adopted as well."

Dawn: One of the things that I'm a big proponent of too, as you say, eat healthy. What is different about this chicken Kim?

Kim: This chicken is antibiotic free, it's hormone free, it's free-range chicken. It's a healthy alternative to other chickens that are available at your local market.

Dawn: And the eggs?

Kim: The eggs are the same. They're free-range eggs, they're antibiotic free, they're all-natural eggs. You can get them at any local grocery store.

Dawn: One of the things that I'm a big proponent of too, as you say, eat healthy. What is

Dawn: The big thing is with dairy. I found with me I had to give up cheese, because you said that dairy, a lot of times, is preventing you from losing weight. So, you go for the almond milk?

Kim: We do. We ask that our patients use the unsweetened almond milk. A lot of people are lactose intolerant and they're not even aware of it. Not only that, dairy is something that will cause your body to hold onto weight, so eliminating that or choosing a healthy alternative like almond milk is preferred.



Dawn: Which is delicious. And buying organic.

Kim: Yes, organic is very important, especially in our fruits and vegetables.

Dawn: So when you see the first ones, they have a little green label. Look for that green label right?

Kim: Right, right. As you can see, they both look exactly the same, but the only way you can tell the difference is the little green label is organic.

Dawn: And this is Stevia. This is a natural leaf as opposed to the aspartame, which is loaded with chemicals.



Kim: Right. It's an all-natural alternative to sugar, to sweeteners. We prefer that our patients do use an all-natural alternative, because sugar will cause your body to hold onto weight, and to gain weight.

Check out the ladies on our program!



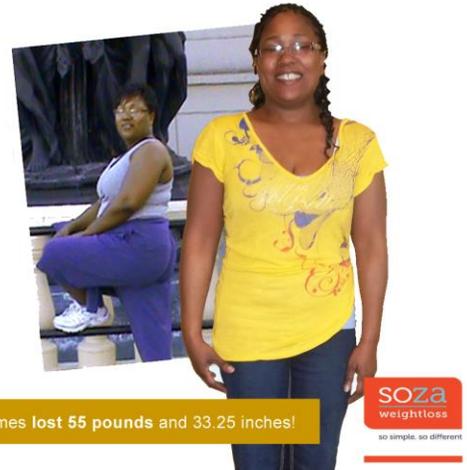
Aimee Parria lost 77 lbs and 61 inches in 210 days!



Ashley lost 56 pounds in 75 days!



Trudy Danos lost 58 pounds!



Tina James lost 55 pounds and 33.25 inches!



Michelle DeMito lost 39 pounds and 44 inches



Roxie lost 18 pounds & 16.25 inches *

Check out the boys!



Daniel lost 18 pounds in 26 days!

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Manuel Berkman lost 51.6 lbs and 35" in 60 days!

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weightloss
so simple. so different



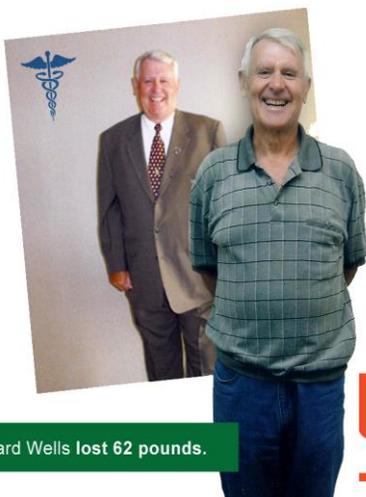
William Higdon lost 42 pounds!

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Keith lost 110.9 lbs and 42.75 inches in 181 days!

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weightloss
so simple. so different



Dr. Richard Wells lost 62 pounds.

soza
weightloss
so simple. so different



B. Martin lost 68 pounds.

soza
weightloss
so simple. so different

Many many more!



Julie lost 56 pounds.

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weightloss
so simple. so different.



Jan lost 36 lbs and 25.5" in 60 days!

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so simple. so different.



Michael & Shannon lost a total of 165.9 lbs & 106 inches!

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Cheryl lost 73.8 pounds and 60.5 inches! *

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Eileen Toroni lost 65 pounds in 6 months!

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so simple. so different.



Josh lost 51 lbs on 60 day super plan

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so simple. so different.