

# Andrea's Wedding Dress



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# Andrea's Story

Andrea came to us in May 2010 and said that she was getting married in June 2011. We said, "Congratulations!".

Then she said that she had been dieting and working out and had lost 10lbs. We said, "Congratulations!".

Then she said, "But I've plateaued and I'm going to classes full-time and I'm working full-time and I want to try Mirafit." We said, "Okay".

# We explained to Andrea that Mirafit is...

- The naturally occurring, dietary fiber that has the unique ability to bind and eliminate nine times its own weight in dietary fat
- Taken, as directed, with your fat-containing meals Mirafit each 2-tablet dose removes 162 calories
- Mirafit was developed at Wayne State University

# The math is simple...

## the results are real

- Two 1-gram tablets removes 18gm of fat or 162kcal per meal
- Three meals per day  $\times$  162kcal is about 500kcal per day
- 500kcal  $\times$  7days/week = 3,500kcal/wk
- 3,500kcal = about 1-1½lbs of body wt/wk

# Progress!

- Andrea checked in with us every 2-3 months and reported on her steady progress of 4-5lbs weight loss every month
- She was happy and so were we

# The Final Fitting 1 Month Before the Wedding

05/10 Size 14 Dress



05/11 Size 4 Dress



# In the year leading up to her June 2011 wedding

- Andrea tried to eat healthy
- Worked full-time and went to college full-time so had little time for the gym
- **She lost 53lbs and 10 dress sizes**
- Now she shops for clothes, wears shorts, smiles a lot and took Mirafit with her on her honeymoon island cruise

**Andrea is happy and so are  
we!**

**Visit**

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