

December 16, 2007

Dear Karen and Tony,

The combination of exercise and nutrition that you have taught me has not only changed my body, but it has also made me understand my body in a new way. When I returned to San Diego after attending graduate school in the Midwest, I had an extra twenty-five pounds that I conveniently attributed to the inevitable effects of age. But after training at The Burn and following your nutrition plan, my body changed. I have always been leery of fad diets, but what you teach is not "a diet"; it is a way of living. Exercising without altering how I was eating was not enough to make me shed extra pounds or feel better. But, when you taught me how to change my food intake, my energy levels, my moods, and my body changed. I no longer feel energy dips and mood swings during the mid-morning and mid-afternoon because the food I eat sustains my body and brain functioning. When I need to sleep, it is because I am tired, not because my body is fighting to function on inadequate foods. And, I can fit into clothes that I wore fifteen years ago. Your guidance has truly shown me how to care for my body and my health.

With Warmest Regard,

Margaret

A handwritten signature in cursive script that reads "Margaret". The signature is fluid and elegant, with a long, sweeping tail on the final letter.