

# Ron Lost 69.1 Pounds



Dieter Ron wrote Zola this letter after doing two rounds of Plan Z. He lost 69.1 pounds and reached his goal weight of 157.4 pounds.

*Dear Chris & Zola,*

*I hardly know where to begin—but here goes.*

*My weight problems began a couple of years after returning Stateside from Vietnam in May 1970, weighing in at 148 lbs & 5'8" tall, and in great shape. I started putting the weight on after switching from farm work to factory work. I have always been very active throughout life but still began to pack on the lbs.*

*When I asked my doctor about a good dietician at 168 lbs all he said was that it looked like I was handling it pretty well!! Not what I wanted to hear.*

*That was in 1972 or thereabout, but I didn't know who to talk to or trust at that point, so I just forgot about it. Tried to reduce intake and get more exercise on my own but always felt like I was starving & tired all the time – so I just gave up.*

*Fast forward 36 years to 2008 and another 52 lbs gained. Still at the same GM factory. Working 3rd shift maintenance with 2 of my brothers, all 3 of us in different areas of the plant. One is a slim 6'1" and 1.5 years older than me, the other 5' 9" and 6 years older than me, but another 25 lbs heavier than me.*

*I received word from a close friend of ours, shortly after our 2AM lunch break, that my oldest brother was at the plant nurses' station—and that I should get up there immediately. I had one of the worst rides of my life as we transported my unconscious brother, by ambulance, to Mercy Hospital that morning. He never regained consciousness due to a massive stroke. God, how I miss that guy and his cheery personality – he was always up to some kind of trickery.*

*He had confided in me that he had been fighting high blood pressure, an irregular heartbeat and borderline diabetes. Two years prior he had open heart surgery (5 by-passes).*

*He had tried & struggled over the years to lower his weight, also.*

*It still took me another 3 years after my brothers passing to finally get involved with a plan to get it right, because I feared I was heading down that same highway—a picture of him burned in my memory, lying there so motionless, with the paramedics struggling to keep him breathing.*

*After listening to 1030AM talk-radio host, Mitch, talk about his success with Plan Z by Zola, on "Outside the Box", I felt, just maybe – and at last, I had found an answer. Yes indeed I had. A big "Thanks", to Mitch, for using & promoting your Plan Z!*

*Beginning my first binge on our 42nd wedding anniversary my wife, Jean & I celebrated in style, with me weighing in at*

223.5 (partly) lbs before the binge. Two days later I was an even more partly 227.5 lbs on Z Reduction Day 1! Little did I realize that two days prior to Thanksgiving Day I would be down 41.9 net lbs & on my 1st day of ZReboot. My goal was to crack the 200 lb barrier—and here I was at 181.6 lbs. These numbers just amazed me! From a starting weight of 223.5 down a whopping 41.9 lbs—all I can say is WOW!! My wife & I had all of our children over for Thanksgiving Dinner as usual. We put together a wonderful healthy meal for me. It didn't bother me a bit to see others eat things I used to partake of, but can't or won't, unless or until approved of by Plan Z. After 42 days in ZReboot and many, many delicious 3 meals a day using ZRecipes I weighed in down another 2 lbs at 179.6 lbs, or 43.9 lbs down from 84 days earlier on Oct. 11th. My new set point was between 2800-3000 calories per day to maintain my new weight.

Early on in ZReduction, within less than a week from Day 1, I'd say, things began happening which were surprising to me. From what I had read and studied in the Z Plan notebook I figured some of this would happen but didn't know for sure if, how soon or how much. Such as—heartburn, which I struggled with for years, GONE! My right ear ached (very painfully) nearly daily, GONE! Knees ached daily, GONE! Huffing & puffing climbing stairs or even tying my shoes, GONE! Headaches & neck aches that came on occasions, GONE! Other things that have disappeared for me are: Pain pills (Acetaminophen-Extra Strength) 6-8 tablets a day some days, anti-acid tablets daily.

Now, I have finished my 2nd ZReduction (and my last) as of today, Feb. 14, 2012. My Dr. had taken me off of 3 prescriptions (as of last Mon. Feb. 6th). All 3 were for high blood pressure and are now permanently taken away. On my previous August 2011 Dr. visit, my Dr. told me I would probably be on another prescription for controlling my sugar count if I didn't do something about my diet/weight. So in actuality I

*have eliminated 4 prescriptions (really Plan Z by Zola made it possible).*

*Not only is all of this great for me health wise & psychologically but financially, too. Prescriptions alone cost me \$212 last year, (I got an annual printout from my pharmacist), let alone any other over the counter meds mentioned above. Minimum saved for me alone is easily \$250 per year and then fewer Dr. office visits, for more savings. What a major bonus!*

*I just can't thank Zola & her team enough for helping me get my health back.*

*Your strong support was and is critical and much appreciated,*

*Sincerely yours,*

*Ron M.*

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DIETER RON - 69# LOST

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