

# No Longer the Big Guy in the Room



*Dave's interview took place after he lost 40 pounds. He kept losing and has now lost over 70 pounds.*

*"So, when that first digit on your weight changes to a 3##, your motivation changes.*

*At least it did with me.*

*I didn't get depressed, I got ANGRY. Why was I so fat?!*

*I heard about the Plan Z Diet and wanted to try it. Little did I know that it wasn't that I was eating too much, I was eating the wrong stuff.*

*So with some determination and a little bit of sacrifice (that was made a lot easier with the ZR50 crave control spray), I lost 70+ pounds!*

*I have also stopped most of my medications, still working on that last pill. My knees don't ache when I get out of bed*

*anymore.*

*I was so successful, that both my sisters also started the plan.*

*I feel so much better and don't feel like the biggest guy in the room anymore."*

*Dave Stanford,*

*93.1 FM – WDHR*

*Today's Best Country*