

# Your Support



Your support means the world to me.

As I look back over the past year I have so much to be thankful for.

A year ago this week I was battling COVID. The doctors didn't know I had it at the time because it was so early in the pandemic. They gave me antibiotics and steroids for the horrible respiratory infection they thought I had. COVID didn't even occur to them. And there were no tests for COVID in the entire state! I had no sense of smell or taste and at the time they didn't even know that was a symptom. That's not fun for a food writer!

I'm thankful for not ending up in the hospital. Over a two-week period, I had my finger on my phone to dial 911 twice. It was a tough decision and a close call, but I made it through it all. It took me a full two months to recover. My ZTeam supported me and we got past that.

While I was recovering our clients stepped up, too, and for that I'm thankful.

As you can imagine I was really worried about our business.

Would we survive the lockdown? At first, our business dropped 30% and I thought we might be on the way out.

But then clients stepped up and began ordering Plan Z in record numbers. I don't know if it was from successful dieters sharing their stories and encouraging their friends to get healthier. I don't know if the stimulus checks gave people an extra incentive to get on board. I don't know if it was because the country was on lock-down and folks figured since they could not go out, they might as well go on a diet.

In any case, I am grateful. If you were one of those people, THANK YOU.

If you were one of the people who joined ZClub recently or ordered ZR50 Crave Control spray, I thank you for that, too!

We received *so many* beautiful success stories this year it's amazing. It has been my honor to read them and interview some of our incredible dieters who tell us Plan Z changed their lives. They are never going back to their old eating habits.

Our shipping department is no longer in my garage. We are all grateful to be working in new offices. We are socially distanced and we wear our masks. Everything is good.

We are here for you. Anytime you need to ask a question or place an order we will be here to help. You can order online or call us and tell us how things are going for you. We love to hear your stories and support you in any way we can.

Thank you for being the most wonderful clients we could ask for.