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Dear Jessica,

Some years ago there was an episode of Friends that featured, "Fat Monica." That episode, and more specifically, that image has been burned into my brain. All the Friends' characters were fit and trim, and to see how the makeup artists showed her with some extra pounds really made an impact on me.

Jessica, my friend, I cannot imagine you with an extra 65 pounds. Yet, your message of taking off the weight sensibly and without surgery or more alternative methods really piqued my interest. As one who has tried different diets and failed, it took my doctor warning that diabetes may be in my immediate future if I didn't change my ways. He gave me 4 months to show that I was going to take a healthier path. Knowing that you faced this same journey, I immediately pulled from your insights that had caught my attention, and they paid off! I recently left the doctor in amazement of my transformation in weight and A1c. Yay you! Yay me!

Truly, it is easy for me to recommend you and Momentum Transformations to my friends and acquaintances because the proof is in the results. Thank you for sharing your story and for your passion to make us a healthier society.

Best Regards,

A handwritten signature in blue ink, appearing to read "Gerald Wesels", written in a cursive style.

Gerald Wesels