

My name is Michelle Ladiski, my weight loss story started 2 yrs. ago in January of 2008. I had a Dr. apt scheduled for a regular yearly checkup, which actually a couple of years had passed since my last one. I don't know why, but I wasn't even aware of how overweight I really was until that apt. I stepped on the scale and watched as the numbers got higher and finally settled on 210 lbs!!!!

I felt so numb at that point, and sick to my stomach; I never in all my 37 yrs did I think I would ever weigh that much!! I sat there in the room, waiting for the doctor and as I was looking around the room; I saw a BMI chart on the wall with age, height, weight, and my BMI was in the EXTREME RISK OBESITY CLASS THREE MORBID(40 +)...OMG.. How in the world did I let this get so out of control...I just wanted to crawl away into a corner and cry. I knew how it happened.....I had 4 kids(my youngest 1 1/2 yrs. old), who needed me, a husband, and a house; and all that had become more of priority...I came last; and now it showed, I was paying the price by becoming unhealthy.

My Dr. had suggested I start to write everything down, and gave me a reduced amt of grams of carbs to follow. I really had no idea what I was doing, but I was a big fan of the BIGGEST LOSER show; so I tried to read everything I could to figure out what to do. Then I added exercise in and did exercise 3xs a day.

The weight started to come off, and eventually I lost 40lbs. by June of 2008. WOW..It felt so good!! :) I maintained that weight loss for another 6mos. Then something happened I started to gain some of the weight back; 10 lbs., and I was like what the heck, I kept trying everything I did before; with the exception of the 3x a day exercise, and nothing was really seeming to work.

That's when my research on cellular nutrition led me to K & G Wellness's website, then procrastination set in; and the thought of "What if" I can't do it, so I didn't; but the thought of K&G stayed in my mind.

The breakdown of me registering for class, came when I was picking my kids up from a summer school program, and I almost didn't recognize one of teachers, she looked like one of the kids standing there; and I stopped and told her how great she looked and asked her what she was doing, and she said K&G Wellness; that was it; that was like the third time in a few months that it had been mentioned, and I was like..OK GOD, I hear ya..I hear ya..LOL. Grandma always said things came in Three's!! :)

That same day, I drove to K&G Wellness and registered for the class. My class started in October 2009, with my starting weight at 176.9 lbs. By the time the class had ended, I had learned so much; and everything finally started to make sense. I didn't lose that much weight only 7.2 lbs, and 9.75 inches, but it was a start; plus the 10lbs. I had gained back altogether was gone!!! YAY!! :) So I registered for the phase II class, and to my surprise my weight had shot back up to 174.6 at the start of the class. And in this phase II class I just couldn't shake the weight, and at the end of class; I weighed 174.8. FRUSTRATED with myself, I got all my food journals from my phase I class and poured over them; looking at what I was doing to lose the weight the first time!!! WOW..Figured it out...Duh...I was journaling..LOL, so I started to journal again, then I started to train to do a 5k with my niece in May. I

just couldn't stop myself, and I added more exercise with my healthy eating; my body finally was like..ahhhh..Thank you!!

Just this mo. November 2010 I stepped on the scale, I almost cried; I was so happy!! :) Since March 2010 after re-evaluating my habits, looking at my journals, writing stuff down and exercising; I have lost 24.8 lbs, and I now am in the MODERATE RISK OVERWEIGHT on the BMI chart; I am 5lbs. away from weighing what I weighed when I became pregnant for my first child 13 yrs. ago, and I have reached my goal of total weight loss of 60lbs. in these two years; with 25 more lbs. to go!! :) I know beyond the shadow of a doubt, that I would not be here; and still going without K & G Wellness!! :)

I could never thank them, or repay them for what they have taught me; and how much it has changed me, & my family and how we look at food now, and how we eat!! :) GOD BLESS Kevin and Ginny and their passion for helping others to learn how to become healthy; I hope to be able to help others too, I have been looking into becoming a Nutritionist and Personal Trainer so I can help pay it forward!! :)