



Our Stories | Alyssa Bressi



Happy in Her Own Skin!

Most of you probably have had the bubbly experience of working with Alyssa Bressi, the wonderfully helpful and enthusiastic Administrative Assistant in our Exton office. In October of this last year she decided to take charge of her health and weight and tried the Naturally Slim program offered by McMahon. Check out her story below.

What motivated you to join Naturally Slim?

My main motivation to join Naturally Slim was to lose the extra weight I've been lugging around for the last handful of years, and secondly I wanted to be healthier from the inside as well (I was on the brink of being pre-diabetic and my cholesterol was starting to rise). I've done Weight Watchers several times throughout my life; however, I consistently felt tremendously deprived, I disliked

measuring food and hated calculating/keeping track of points. I always ended up gaining all of my weight back, or tossing in the towel after only a few weeks. Every. Single. Time. I was long overdue feeling happy in my own skin!

What was the most surprising part of the program?

The most surprising part of Naturally Slim is how eye-opening the basics are of the program, and how easy it's been for me to lose weight while feeling entirely satiated using these basic tools (even without exercising). I initially scoffed at my first week's Naturally Slim video when the founder stated, "Give us one week. This is the last time you'll have to lose this weight", and to my surprise, the program really works! Being a "foodie", I look forward to savoring my meals now without my former self-sabotaging "food guilt" weighing on me during nor after meals anymore because my previous unmindful over-eating habits have been replaced with real-life do-able basics. *True food liberation!*

Results to Date

I've been on the program since October 14, 2019. I started out just one pound short of 155 pounds (I'm 5' 1") in size 12's, and since then I've lost 30 1/2 pounds (without exercising) . . . that's like my having hauled around a hefty box of 30-pound cat litter every day. I'm now at 123 1/2 pounds, with 2 pounds left to lose to reach my goal. I feel like a brand new person having lost four to six dress/pant sizes, pre-diabetes is no longer anywhere on my health radar nor do I have high cholesterol anymore. I'm no longer out of breath climbing a flight of stairs, and I'm finally feeling at ease in my own skin! Naturally Slim has honestly been an eye-opening life changer for me.

What do you think has been the most impactful part of the program?

The most impactful part of Naturally Slim for me has been how their basic concepts have brought me higher levels of confidence, health and happiness! And I can't express enough that this program has given me freedom from my what used to be my nemesis: food!!



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What advice do you have for someone else who wants to try the program?

I advise anyone to give Naturally Slim a try who has been failed by other weight loss programs. This program is different from any other I've tried in the past, and it will positively change the way you look and feel about food. Plus, this is a FREE benefit offered by McMahon, so what do you have to lose but weight?

Looking into the future, do you feel this is a permanent change to your habits?

I feel Naturally Slim has given me the tools to maintain the program habits for the rest of my life.

If you have any questions about this article, Alyssa can be reached at abressi@mcmahonassociates.com.

INTERESTED IN TRYING?
The next application period for Naturally Slim
is Feb. 10 – 24, 2020. The next program begins on March 9.

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INFORMATION**