



**Before the therapy**



**Two months after weight loss therapy.**

I was over 80 kg, my- self-esteem went down; I was over eating and could not sleep. I often feel tired and irritated. My relationship with people did not work well and I started feeling depressed.

I started weight loss therapy in June 2015. The programme worked for me well. After 5 sessions I lost 4, 5 kg. I sleep well, eat well and feel happier. My relationship with friends and family is getting better and I would recommend this service to the other people with health problem. Believe me, it works!