

MEMBER'S "WEIGH IN"

...On TrimTalk in General:

"I found TrimTalk because I was looking for phone support...tried driving to meetings, it didn't work"

"The joining/enrollment process is easy"

...On TrimTalk's Live Personalized Diet Coaches:

"I've been on every diet there is and the coaching is the big difference."

"The strongest part of the program is personal interaction with the coach."

"I like that the people running TrimTalk have credentials, it's not a scam."

"My coach is very down to earth and easy to talk to."

"What I was looking for and found at TrimTalk is the personal interaction with my coach"

"My coach never made me feel like I was doing anything wrong."

" My coach is superior, she's a 10!"

"My coach is an excellent listener."

"My coach handles my questions beautifully."

...On TrimTalk's Comprehensive Diet Resources

"...[the price for the Workbook] is very reasonable."

"The workbook is an excellent resource."

"The tape measure is a unique part of the program."

...On Trimtalk's Ram Nut Diet:

"It's the best diet I have ever been on. I never feel hungry, have a lot of energy and the nuts before meals really do work! Thank you Dr. Ram!"

"Of all the diets I have been on, I have had the most success with this...you don't have to starve yourself."

"I was a carb addict. I ate breads and pasta every day. But amazingly after one week I stopped craving carbs! I am very happy with this program and love seeing less of me each week!"

"With other diets, the weight always returned. This is more consistent, I have no cravings and I even sleep better."

"I don't think of it as a diet but a new way of eating. I have lost weight and I am fitting into my clothes."

"Carbs were slowing me down. Now, I have lots more energy, I feel satisfied eating less and have no hunger. My weight loss has been very consistent."

"The Ram Nut Diet™ gives me more flexibility than other diets I have tried. I am always able to find something healthy to eat now."

"I've lost weight and I'm very happy with the program."

"The 'Ram Nut Diet' Book convinced me of the program."