

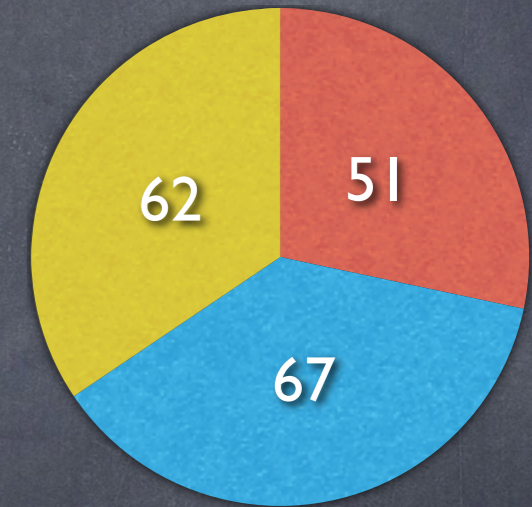
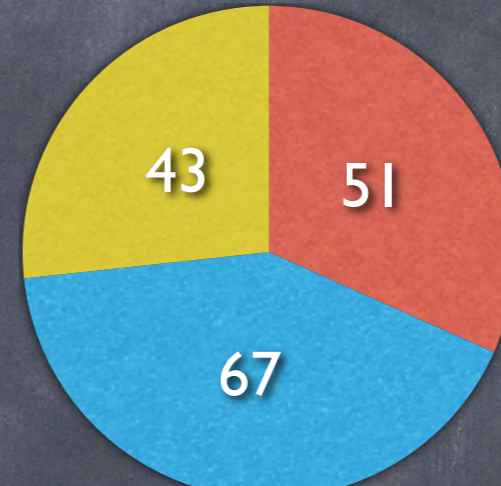
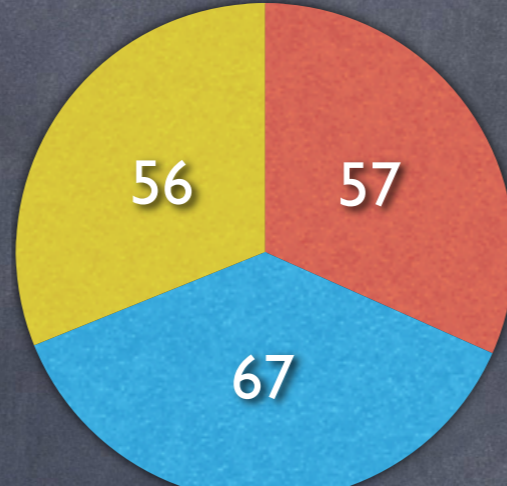
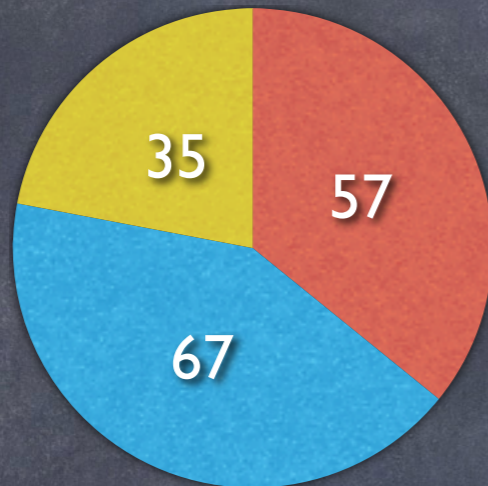
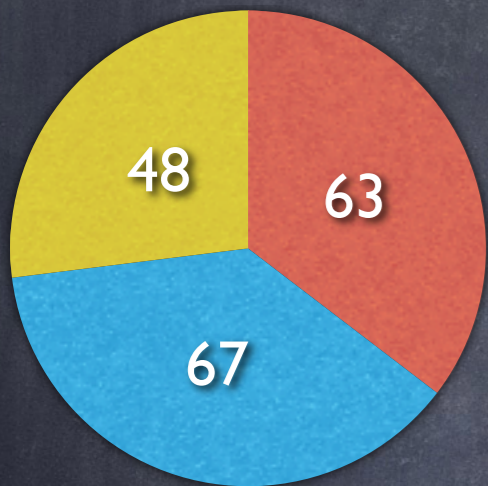
Average woman  
180lbs

After One 8-  
wk VLCD  
161lbs

Gain weight  
back  
180lbs

After 2nd  
8-wk VLCD  
161lbs

Gain weight  
back  
180lbs



- Muscle
- Bone/Misc
- Fat



Needs to gain 12 lbs of mm  
to restore her metabolism

