



Kristen Loses 50 Pounds

On Eat to Lose During COVID Pandemic

KRISTEN SUFFERED FROM POLYCYSTIC OVARY SYSTEM (PCOS), joint pain, and low energy. Life became painful for the 29 year old who works as a full time banker. "After a long work day I had to lay down because my back ached and legs hurt," said Kristen. "It was as if all I could do was work and rest, which left no room for fun." She then realized how much her weight prevented her from not living a full life and had her "ah-hah" moment. Andi Holyfield helped her lose 28 pounds on her famous 6-week diet plan, Eat to Lose. It is a weight loss program for all ages and most clients lose at least one size in 21 days and by the end are down 2 to 3 sizes, 4-6% body fat and drop 2 levels of visceral fat, which is the dangerous fat deep in the abdomen that can cause heart attacks. Normally, Andi would meet with a client in person, but due to the COVID-19 pandemic, Andi and Kristen met remotely. At the end of the 42 day plan, Andi coached Kristen on developing a healthy relationship with food. "About 1 year later I'm 50 pounds lighter and get to walk the neighborhood with my Mom after work, hike, and ride my bike without any pain," said Kristen. "No more meds are needed for my PCOS either! I'm grateful for Andi. Not only is she brilliant, but she is always listening to every word her clients say. She offered support during a stressful pandemic every step of the way." This program has been successful for 20 years since Andi educates her clients on how to make informed choices, understand tricky food labels, enjoy their favorite restaurants, consider portions without calorie counting and manage food cravings. Additionally, Andi is the only Registered Dietician that customizes a diet plan based on your personal lab work and medications you take.

ABOUT ANDI

Andi Heller Holyfield is a Registered Dietitian with the American Dietetic Association in private practice in Monroe who specializes in bariatric diet plans, weight management, diabetic diets, cardiac diets, eating disorders and group diet plans. She is the author of Eat To Lose Post Bariatric Diet, available on Amazon in paperback, Kindle and e-book. Andi received her Bachelor of Science from Louisiana Tech University in Nutrition and Dietetics. Upon graduation, she worked as a clinical R.D., LDN at St. Francis Hospital and P&S Surgical Hospital for seven years and then started her own business. She is the owner of Eat to Lose, which specializes in bariatric diet plans, customized diet

plans, eating disorders, group weight loss classes and sports nutrition. They offer one on one consultations, corporate programs, seminars and classes with tech support. "This is the best job!" said Andi. "I get to help clients decrease obesity-related medications and it is so rewarding. And it isn't just adults. I am getting to see kids grow with more confidence and transform right in front of my eyes."

Andi resides in Monroe and is married to her husband, Chris Holyfield. They have three children and a grandson that they adore. She enjoys jogging, playing tennis and finding other ways to stay active and healthy. She recently ran the St. Jude's half marathon, a combination of being active and giving back, both of which Andi is truly passionate about!

SERVICES

Eat to Lose is a six-week weight loss program for children and adults that is personalized to suit your individual lifestyle and authentic food cravings. This successful, customized program educates patients to make informed choices, understand nutrition labels, enjoy their favorite restaurants, consider portions, and manage food cravings. With over seventeen years of expertise, Andi has assisted countless adults and children to develop lasting, healthier eating habits. Whether the goal is to reduce the risk of heart disease, lose weight, or so simply make more nutritious choices, Eat to Lose works. The program not only helps patients to meet their own personal goals, but can also reduce medications associated with diabetes, high blood pressure, high cholesterol and reflux.

Andi offers corporate wellness diet plans where employees can participate in groups and individually through a live webinar and computer applications. Businesses that participate encourage their employees to live a healthier, more productive lifestyle in the office and beyond and can provide incentives for employees to achieve results.

Andi Holyfield had been helping people lose weight and reduce meds for over 18 years. Her passion is over all health, wellness, weight loss, thyroid problems, diabetes, kidney disorders, gastric problems, bariatrics, sports nutrition with college athletes, eating disorders, and corporate wellness. Contact Eat to Lose, located at the Monroe Athletic Club in Monroe to transform your life now!

Andi Holyfield

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