

Eat to Lose

Customized Diets

“I VIVIDLY REMEMBER THE DAY I SAT IN DR.

Melton’s office reviewing my lab work from MD Anderson and explaining to him that my hepatologist recommended a liver transplant due to my liver damage. It was during that visit that Dr. Melton referred me to Andi Holyfield – a local Registered Dietitian to begin my lifestyle transformation. Andi pushed me to visualize myself 3 sizes smaller in the next 6 weeks and she created healthy, attainable goals that included exploring my hobbies like art and teaching. By week three of Eat to Lose I began to see that Andi’s vision could come true. In only 21 days I lost 2 inches off my waist and was already off 6 medications due to my new diet lifestyle,” says Courtney Brasher. Within the first 6 weeks Courtney was able to lose 26 pounds, 3 dress sizes, and decrease over 28 medications. Three months later, Andi Holyfield’s program assisted Courtney in a very noticeable discharge from MD Anderson hospital with no need for a liver transplant due to all healthy labs! “My only regret is that I did not start meeting with Andi six years ago when my illness started to steal LIFE from me,” said Courtney. Shopping for clothes is so much easier for Courtney now that she no longer needs a size 26 and can easily slip on a size 16 with enthusiasm.

Dr. Stuart Melton, a family physician and Courtney Brasher’s primary local doctor had confidence that Andi Holyfield LDN, R.D. could customize a special diet plan to guide Courtney in the right direction to heal her liver, reverse the diabetes type II and decrease her high blood pressure. “The implementation and management of a proper diet not only reduces the risk of certain medical conditions such as diabetes and hypertension but also reduces them over time,” said Dr. Stuart Melton. People with fatty liver disease often have insulin resistance. Andi designs diets to reverse this as well as PCOS. Even a 5 % body weight loss can lower the fat in the liver, decrease LDL cholesterol, and decrease the entire lipid panel.

The liver is an incredible multitasker. This vital organ is a filter that rids the body of toxins and can repair itself with authentic diet lifestyle changes. Courtney no longer needs 34 medications nor makes long trips to MD Anderson hospital. She spends her days teaching at Ouachita Christian school, painting beautiful artwork, walking, and having healthy delicious meals at home with good friends. “April 1st, 2022, was day 1 of my new diet lifestyle and only 3 months after that date I went from a size 26-16, picked up my artwork, dropped 34 medications and was officially discharged as a patient from MD Anderson on July 29th, 2022,” Courtney says.

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 how to read nutrition food labels, enjoy eating out, consider portions and manage food cravings. With over 21 years of experience, 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, sports nutrition or simply improve lab work to decrease medications. Eat to Lose works.

When ten or more people enroll in the diet plan, everyone will receive a \$100.00 discount on program costs. Often, insurance providers offer discounts on premiums as health goals are met, which saves employers and employees money. Fire up your metabolism with your own customized diet today!

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Available for personal, team or corporate consulting!