

Eating AC LaRoccas' Pizza Has Helped me Lose over 147 Lbs

Name | Bob Dovner

Age | 58

Weight | 218 Lbs As of 7/18/05

Was | 365 Lbs Lost | 147 Lbs

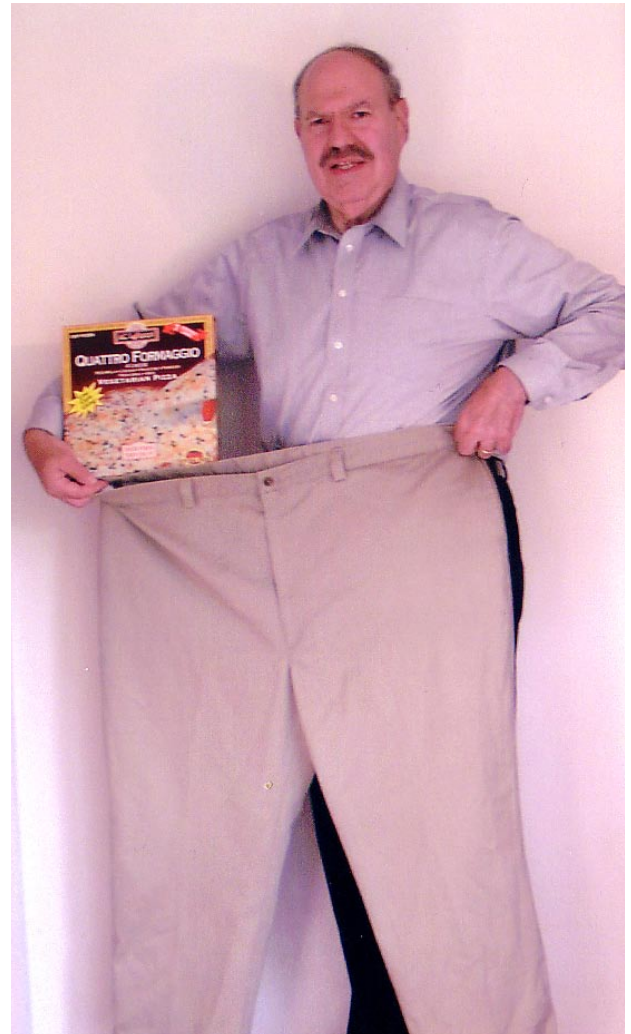
Cholesterol |

142 as of 7/18/05 Was | 220

Blood Pressure |

113/62 As of 7/18/05

Was | 162/120



My name is Bob Dovner. I am a 58 year old baby boomer and have fought obesity since a child. Most often I have been on the losing side of this battle. Miraculously, I have not suffered from any major health problems; blessed with good genes and a lot of luck, I guess.



For about sixteen years (1987-2003), I had inconsistently (with mixed results) been on a high carb, low fat, low protein diet. On two occasions, I even went to a famous California Longevity Center. This was good while at their facility, but almost impossible to follow in everyday lifestyles.

Needless to say, in the summer of 2003 (exactly two years ago), I found myself at my heaviest, 365 pounds. I woke up one day and knew I had to try something different.

I believe the definition of insanity in ones life is to keep doing the same things over and over and expect different results. I visited my doctor and found out for the first time that my blood pressure and total cholesterol levels were both elevated. I also found out that my doctor had gone on a successful "low carb" lifestyle. (He had lost about forty pounds.)

I immediately bought and read two books on the most popular low carb programs. I chose to pursue a low carb, low glyceemic, low fat, high protein plan.

I have stuck to this plan 100%. I have not had the urge to cheat. I truly enjoy the foods I now eat more than any I previously ate. My present weight is 218 pounds, (a loss of 147 pounds). I am still 23 pounds from my goal of 195. I have gone from a size 56 pants to a size 40. I have gone from a 3XL shirt to a size L. My blood pressure has gone from 162/120 to now 113/62 and my cholesterol level from 220 to 142.

There are certain things that are more difficult than others to adjust to in such a dramatic change in one's lifestyle. At work, the office has always and still does send out for pizza. I used to stop whatever I was doing to be first in line for this event and usually the last one to finish. As you can imagine, I had more than my share! No, I haven't had one slice of the office takeout variety since July 2003.

A little over a year ago after extensive research, I came across AC LaRocco lo carb, low-fat Vegetarian All Organic Pizza. My dream had come true! Now I could have my pizza treat once a week and still be 100% on my new lifestyle.

I contacted Karen Leffler, at AC LaRocco and she located the closest store for me to purchase their dream pizza. I really find that by having this great tasting pizza to look forward to and enjoy: It had been much easier for me to stay on my program. I like both the Spinach and Artichoke and the Quattro Formaggio varieties equally.

Occasionally, I will add mushrooms, chicken sausages, or turkey pepperoni. I am getting hungry just thinking about this great pizza. Lucky it's on tonight's menu.



Besides meeting my nutritional requirements, this is the best tasting pizza I've ever eaten. There is just the right amount of tasty sauce, and generous portions of cheese and other delicious ingredients. The crust is just fantastic, thin yet filling, just crispy enough and great flavor. Even the next day leftovers, (I enjoy eating them cold for breakfast or a midday snack), are never soggy.

I have researched many products and have tried a lot out. No prepared Lo-Carb product is as good as AC LaRocco Pizza. This product truly is the cornerstone of my low-carb success. I highly recommend AC LaRocco low carb pizza to anyone, whether they are fighting the battle of the bulge or not.

Sincerely yours,

Handwritten signature of Bob Dovner in cursive.

Bob Dovner