

Lost 190 lbs in 11 months without bariatric surgery. Cost: \$7.5 per lb lost.

From 324 lbs to 134 lbs in 11 months WITHOUT a surgery. From size 26 to size 2. PJ paid \$1,430 Vs. \$18,000 for bariatric surgery. That's \$7.5 per pound lost.

MIDLAND, TEXAS, USA, January 14, 2018 /EINPresswire.com/ -- With 324 lbs, PJ Howle (52, Midland, TX) wasn't living her life. Like many obese people, she was addicted to food and became a burden on her family: bound to a scooter and barely able to do anything for herself often calling for help to cook, clean, bathe, shop, tie her shoes, laundry, and even clean her after a bowel movement. Not how life supposed to be for her or her family.



"I always had a smile on but I was crying on the inside"

On the trip to a cabin in New Mexico she realized she can't make the 2 flights of stairs: "Every time I had to walk up those stairs, I had to stop, sit down, and take a break before continuing on up. I could feel my family was irritated with having to wait on me and take care of me. By the time I got to the top of the stairs, I couldn't breathe."

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I went from 324 lbs to a healthy 134 lbs in 11 months WITHOUT a surgery. From size 26 to size 2 now. I paid \$1,430 total Vs. \$18,000 for bariatric surgery cost. That's \$7.5 a lb lost. I love my life."
PJ (Midland, TX)

Instead of enjoying with her grandchildren, PJ had to drive and buy an oxygen tank while on vacation. As a Texan she obviously wanted also to ride a horse but found it embarrassing even with several people trying to assist her.... she was unable and was left out of another family event. The biggest go-kart was too small for PJ to fit.

Her marriage suffered as well because PJ's husband had to be "her legs" for everyday's simple tasks. She was a burden and even an embarrassment: "I wanted to pick up my grandkids from school but they would pretend not to know me... nor take a picture with me at Christmas... they were embarrassed by my size."

In short, "My husband and kids were tired of having to take care of me. I was having to pay my nieces to clean my home because I physically could not. My husband and daughter would have to get me out of the bath because I could not get myself out. They were actually having to clean me after a bowel movement because I no longer could reach my own bottom," PJ admitted tearfully PJ's [post](#).

> Lost 162 lbs at 10 months (post)
>Lost 186 lbs at 11 months and achieved a healthy weight of 138 lbs (post)

Don Karl Juravin rewarded PJ for her success with 100% money-back

Written by: Jennifer Gonzales who started at 580 lbs and lost 150 lbs so far using the same regimen like PJ

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PJ now is only 134 lb Vs 324 lbs before

190 lbs 11 months

Gastric Bypass **ALTERNATIVE**

size 26
to 2

134 lbs

324

PJ Howle

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