

New weight loss NO surgery for men caused Tim to lose 6 lb per week, non-stop, to his healthy weight

From 262 lbs man to fit 168 lbs in 16 weeks without surgery. The Gastric Bypass ALTERNATIVE claims to be "Cheaper, safer & better than any weight loss surgery"

SAINT MARIES, IDAHO, USA, January 21, 2018 /EINPresswire.com/ -- Tim Spooner (57, Idaho) was unhappy with his body. Weighing 262 pounds he felt fat, heavy and unhealthy. Of course he tried to lose weight but he found it difficult. As a man, he was not into reading "weight loss methods."


"I also suffered from high cholesterol and type 2 diabetes. I was physically in bad shape, size 46 pants and I was uncomfortable with my body. The doctors repeatedly recommended me to lose the weight and exercise but did not recommend any method."

He encountered the [Gastric Bypass ALTERNATIVE Facebook group](#) and joined because they claimed to be the strongest weight reduction in America with the fastest weight reduction rate. The group's guru, Don Karl Juravin, is actually the boot camp leader named #TheDON.

Don Karl Juravin is the inventor and a self proclaimed #1 weight reduction expert in America having helped 80,000 obese people with an average of 130 lbs excess fat. The members constantly posted great success stories and they seemed real. They were losing 2 times faster than gastric bypass or gastric sleeve patients. While weight loss surgery patients lose 6 to 11 lbs per month, successful users in the group seem to lose weight 2 or 3 times faster than that.

"I stalked the group and users' progress. There were not too many men to follow. I felt guilty spending money on myself. I was skeptical but the desire to get healthy made me order. I was wearing pants size 46 with elastic waist, my wedding ring no longer fit, and I was ready to make a lifestyle change."

#TheDON does not motivate or provides traditional support or service. Instead, the 40,000 members in the boot camp are expected to have already the motivation to succeed, live longer, be healthier and



94 lbs **16 weeks**

Tim Spooner

MARINES
THE FEW. THE PROUD.

Gastric Bypass **ALTERNATIVE**

From 262 lbs man to 168 lbs healthy fit and masculine in 16 weeks without surgery. Tim used the Gastric Bypass ALTERNATIVE regimen which claims to be "Cheaper, safer and better than any weight loss surgery". His cost, only \$12 per lb lost.

spend money on their family rather than on doctors and meds. As a former military man in the Israeli army, #TheDON and his staff are running the boot camp as a.... military boot camp and not as a company with "ass kissing" support.

He is a strict leader that doesn't allow the members to comment any compliments or cheerleading unless a member achieves their healthy weight. "Nothing short of a healthy weight in my weight reduction boot camp." On a daily basis "weak" members are being kicked out of this tough weight reduction boot camp.

"I love Don and his hidden sarcasm. I think his method is effective and teaches us to focus on a healthy weight, not settle for just a few pounds."

The regimen is made of a morning mixture creating the "gastric bypass affect", the Anti-Cravings, metabolism pills, stress pills and reinforcement pills. There is even a set of pills claiming to accelerate weight reduction while you sleep.

As soon as he started using the [Gastric Bypass ALTERNATIVE regimen](#) he couldn't eat more than 800-1200 calories a day. He felt full most of the time and satisfied as if his stomach underwent a weight loss surgery. That was a drastic change from the 3,000 to 4,000 calories a day he was used to and it was done without surgery. Having no other choice, he followed the #TheDON instructions, he exercised walking on his treadmill.

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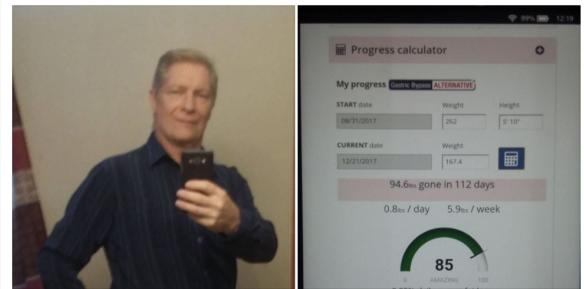
My sons were amazed and impressed by my dramatic weight loss. I feel healthy and fit. Life is good. I bought my good health very cheaply with this Gastric Bypass ALTERNATIVE \$12 per lb lost. Cheap.”

Tim Spooner

- > Week 5: 226 lbs (36 lbs reduction)
- > Week 4: 232 lbs (30 lbs reduction)
- > Week 3: 236 lbs (26 lbs reduction) and stopped diabetic type 2 medication
- > Week 2: 244 lbs (18 lbs reduction)
- > Week 1: 250 lbs (12 lbs reduction)

Tim surprises his college sons with his dramatic weight loss. "I did not tell my sons I was taking the weight loss journey. They seen me months ago. Nick was blown away saying "Dad, you are skinny". It felt good to be healthy for my kids. I went from wearing my fat jogging pants and T-shirts to wearing

couldn't believe that I used to pack nearly double that weight when I was fat. My weight has been as high as 295lbs, but when I started GBA I was at 262lbs, and my joints are so relieved, literally, and figuratively. In the pics I am wearing size 32" jeans. I don't think I've "comfortably" worn that size since like 1989 or 1990. Some people said it couldn't be done, that I couldn't reach this weight and be healthy, and I have now proved them wrong. So I will finish by saying that I am having a very Merry Christmas, I wish all of you the same. Happy Holidays everyone! Thank you Don Karl Juravin, Rachel Gordon, Priscilla Ruiz, Jennifer Cooper-Gonzales, and all the GBA support and tech folks.



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Theresa DiPietro Lizotte, Tina Simpson and 124 others

Gastric Bypass ALTERNATIVE Facebook managed by Don Karl Juravin

Results were immediate like other group members posted:

- > Week 16: 168 lbs (94 lbs reduction) [before and after post](#)
- > Week 14: 179 lbs (83 lbs reduction)
- > Week 13: 183 lbs (79 lbs reduction)
- > Week 11: 190 lbs (72 lbs reduction)
- > Day 60: 202 lbs (60 lbs reduction)
- > Week 7: 213 lbs (49 lbs reduction) and stopped high cholesterol medication
- > Week 6: 220 lbs (42 lbs reduction)

button up shirts and jeans like them. It was fun to shop in their closet.”

Tim loves his new healthy lifestyle including exercise regularly and not hating it. I never want to look back and thanks to Don Karl Juravin and his invention, I am a new man.”

Jennifer Gonzales
MCO
4092333583
email us here

On my his way to a healthy weight - Tim Spooner

Tim Spooner
December 22, 2017 at 8:45pm

Week 16 Update - What can I say? Trying to lose the last 10 lbs over the past couple weeks had been tough, but after wearing out my treadmill (hint, hint, a stationary bike would be such a blessing), I HAVE REACHED MY GOAL WEIGHT of 168lbs. If it wasn't for Don Karl Juravin's challenge of getting here before Christmas, I probably wouldn't have pushed myself quite so much, but I had accepted his challenge and I hate to lose.) It was a little tougher without the morning dose and anti-craving mixes, but it was good practice for living my new healthy lifestyle. However, now I can relax a little and enjoy the holiday, with maintaining my weight as the goal. After Jan. 1st, I want to work on losing another 6lbs, so when I am fully clothed and weighing in at the Dr.s office, I will still be in the normal weight range. I don't want my doctor to be able to write "overweight" ever again in my medical history, which is why I still want to reorder and have GBA on my shelf, "please, please, please?" (Also, that would make it an even 100 lbs lost, which increases my bragging rights.) That, and to be able to share with several friends and family members who are curious as to how I lost all the weight, and would love to sample it before they order. I've said it before, but will repeat it again, I had type 2 diabetes and high cholesterol and after losing weight I am now off both those medications. I no longer snore and scare my wife when it sounds like I have stopped breathing in my sleep. I have all the usual aches and pains that go along with being 57 years old, but I feel like a whole new person. I recently carried a large bag of dog food, and couldn't believe that I used to pack nearly double that weight when I was fat. My weight has been as high as 295lbs, but when I started GBA I was at 262lbs, and my joints are so relieved, literally, and figuratively. In the pics I am wearing size 32" jeans. I don't think I've "comfortably" worn that size since like 1989 or 1990. Some people said it couldn't be done, that I couldn't reach this weight and be healthy, and I have now proved them wrong. So I will finish by saying that I am having a very Merry Christmas, I wish all of you the same. Happy Holidays everyone! Thank you Don Karl Juravin, Rachel Gordon, Priscilla Ruiz, Jennifer Cooper-Gonzales, and all the GBA support and tech folks.

Gastric Bypass ALTERNATIVE Facebook group

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