

Personalized Weight Loss

Online Program Leads To Fast Weight Loss

(NAPS)—Paul Hart, 26, a single father in Las Vegas, struggled with his weight for years. As he passed the 250-pound mark, Hart decided it was time for a change. He didn't want to develop Type 2 diabetes like his parents and he wanted to be active and healthy to enjoy playing with his 6-year-old daughter. So when Hart stumbled on an ad looking to test a new online personalized health tool for weight loss, he decided to give it a try.

Hart joined nearly 1,000 people across the country to try ph360, a new online wellness program that provides a personalized guide to the best food, fitness, environment and lifestyle for each person based on individual body measurements, family history and other health information.

Matt Riemann, CEO of ph360, explained: "ph360 uses scientific calculations of gene expression and epigenetics—the external factors that affect our genes—to determine the specific diet and exercise regimen most likely to work for each person's unique body chemistry. ph360 harnesses the latest technology to turn complex science into a simple guide for each person's optimal weight loss and wellness."

Hart was nervous at first to measure his body but found that the process was easy with just a tape measure and he only needed to answer a few health questions. He was shocked when in less than 30 minutes he received a personalized list of foods to eat and foods to avoid, a tailored exercise plan and lifestyle tips created specifically for him.

"I couldn't believe how easy it was. ph360 told me exactly what and when to eat, what exercises to do, and offered specific advice, such as going to bed before 11 p.m. so my hormones could regulate," said Hart. "I made some simple changes, such as cutting out beef and soda, drinking more water, adding asparagus and garlic to my diet, and changing my weight lifting routine so I was lift-



A personalized plan can help you lose weight faster.

ing less weight and doing more reps. I was amazed by how quickly I lost weight—30 pounds in just six weeks."

Other testers like Hart were asked to follow their personalized health plans for one month while reporting weekly health changes. The results were surprising: The testers who listed weight loss as a primary goal experienced rapid, healthy weight loss of an average of 15 pounds in one month. Their bodies changed shape, too, often going down one to two sizes.

ph360 was developed over the course of a decade, with research and input from 10,000 patients. The results of the recent test group have been encouraging, with users reporting fast weight loss, better sleep, clearer skin, more energy, less bloating, and resolving health complaints such as headaches and joint pains. The majority of testers had frustrating experiences with traditional diet and weight loss programs in the past.

As Dr. Phil Wuth, a family physician who is recommending ph360 to his patients, puts it, "Weight loss trends are exactly that—trends. I tell my patients that the best way to lose weight is to discover what works for them. That's truly preventative health. And ph360 is leading the way."

About his experience with ph360, Hart said, "The program helped me believe in myself. I look in the mirror now and think: I feel good, I look good and I'm healthy. That's real self-worth."

Plans start at \$19. Visit www.ph360.me for more information.