

## Chris Johnson's plan has changed my life.

About six months ago during a routine physical and after numerous blood tests I was diagnosed with a life-threatening liver disease. My family doctor, along with a well-known specialist, prescribed a series of treatments consisting of daily oral medication as well as injections once weekly. These treatments would continue for one full year.

The problem is that the treatments while ongoing do not allow people to function normally. Being a husband, a father of a son who plays college football, and the sole provider for our family, I was reluctant to start the treatments.

After long walks with my wife and extensive prayer, I was looking for an alternate plan to fight this disease. A friend and business associate suggested I seek the services of Chris Johnson. I have known Chris for many years and occasionally have sought out his services as a personal trainer. I have heard Chris's information before, but this time I was ready to listen! After meeting with Chris for over two hours I came away with a plan of action.

Starting with healthy foods, portion size, meal timing, a balance of healthy fats, carbohydrates, proteins, and a few supplements, my mind and body started to change. Within four months I lost twenty-eight pounds! I have a substantial increase in energy, a stronger resilience to stress, and an overall positive outlook regarding my health. But the best part is that my latest blood tests show my liver enzymes have changed from a dangerous level to normal. My doctors are enthused and have encouraged me to continue following Chris's program.

Chris Johnson's plan has changed my life. These changes are now my daily habits and will be forever. My family and I are eternally grateful to Chris for all of his guidance and compassion.



**Tony Rahar**