



**From:** Maria Kesler [Mkesler@bhs-inc.org](mailto:Mkesler@bhs-inc.org)  
**Sent:** Friday, May 16, 2014 10:54 AM  
**To:** Dan Nguyen (dan@dannguyeninc.com)  
**Subject:** Testimony

May 16, 2014

My name is Maria, I am a 27yr old Hispanic female currently weighing 277lbs at 5'7.

Before I met Dan I was miserable, hopelessly obese, depressed, and looking for someone or something to help me.

I weighed 300lbs and was only gaining more weight every week. I was living in my own personal hell with nothing to look forward to.

I had just gotten married in October of 2012 and the only thing I wanted more than anything was to start my family with my husband. We had been trying for months until I finally went to the doctor to find out that for me to have any chance at all for a child I would have to lose at least 100 lbs and even with that I would still have to use the fertility drugs. When I heard the doctor say that I immediately started to spiral down into a very severe depression which led to more and more rapid weight gain accompanied by an addiction for Hot Cheetos and a necessity to put massive amounts of sour cream on mostly everything I ate.

Finally, I met the answer to my prayers. Dan seemed to know right away that I would be a very special case which would require a loving and sincere approach which I was blessed he was able to give to me. He then started to tell me about his health and wellness program he had developing and was hoping I would be interested in trying it. He said I would lose all of my emotional baggage which he suspected of being the underlying issue to all of my problems. At

first it seemed too good to be true, how can one lose all of their emotional baggage which someone has held onto since a young child, but I was out of options and eager to give it a try.

Our first session consisted of a breakdown of what the next few sessions will be like and we also set my goals for the outcome. I told Dan that all I want it to be able to lose weight to be able to start my family. Dan then told me that I would need to set some goals for myself which I did. It may sound dumb but all I ever wanted was to wear a pair of shorts and a short sleeve shirt without being embarrassed. I also wanted to be able to lose everything I had been holding onto since I was a child; all the anger, the hurt, the guilt, and everything else. I just wanted to be happy, and not have to turn to food for any excuse.

Our next sessions to follow were something out of this world. I began to see the light at the end of the tunnel with every session completed. By the end of it all I felt like this bag of bricks had just been lifted off of me and was ready to start my life over again. Not only did I completely lose my addiction for Hot Cheetos and sour cream but right away I wanted to eat healthier and be happy while doing it. Within 2 weeks I had already lost 5 lbs. and feeling great! My depression had subsided and all I wanted to do were things that were good for my health and wellness.

After just a few weeks a miracle happened and I became pregnant! The doctor was even more surprised than I was because I didn't lose the 100lbs that they had said would be my only chance. I believe by that time I had lost only 10lbs which was about 2 months since Dan and I had finished the sessions. I became the happiest I had ever been in my whole life and I can honestly say that without Dan I don't think I would've been able to do it , at least not for a long time.

I am now 35 weeks pregnant and because I continued to eat healthy I was able to lose another 20lbs while pregnant (with no morning sickness to blame). My doctor was extremely pleased with my ability to care for my body and my baby by eating the right things and not gaining any more weight in the beginning months. I was at 274lbs and 31 weeks pregnant before I began to gain a little weight which is only because of my baby growing inside of me! My doctor tells me that after I deliver my son I will weigh between 260-270lbs which will be a total of 30lbs lost since I had met Dan.

I would just like to thank Dan for everything he has helped me with and for giving me a new chance at happiness. Thank You Dan! I can't wait to start your Absin8 program to really start my goals to that body I now know I deserve!

*Maria Kesler*

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