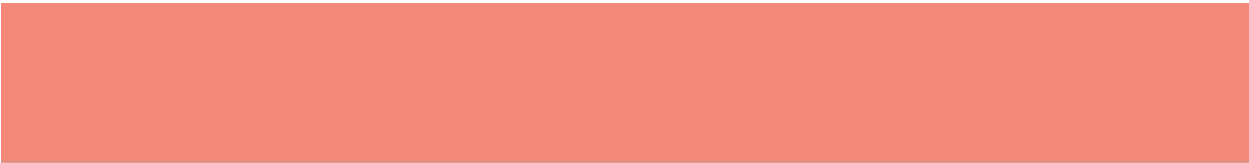


Dr. Young was endlessly positive and believed in me. I could be honest about obstacles I was facing...She gave me great tips...I love how much choice is in her approach, instead of restriction. Through trial and error, we developed a great plan, a really sustainable way to eat that I love...I have lost 25 pounds already in 6 months and expect to continue.
-Kate H



Lisa is a genius at what she does. When ever i have a health concern, i reach out to her for her guidance as food is medicine. Lisa is knowledgeable, bright and always knows the exact problem and how to fix it. —LF



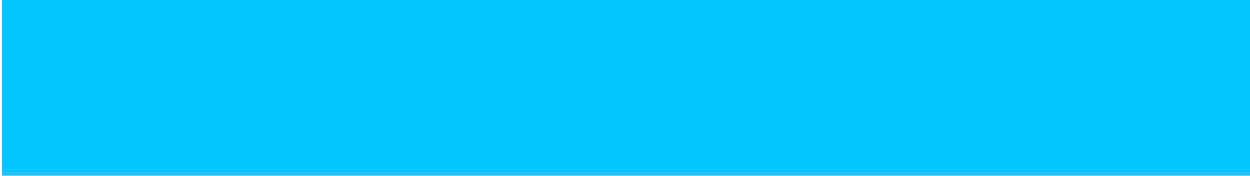
Lisa Young is warm, extremely knowledgeable on the nutrition side, insightful about eating habits, and very pragmatic, giving actionable advice! I recommend her highly! —KL



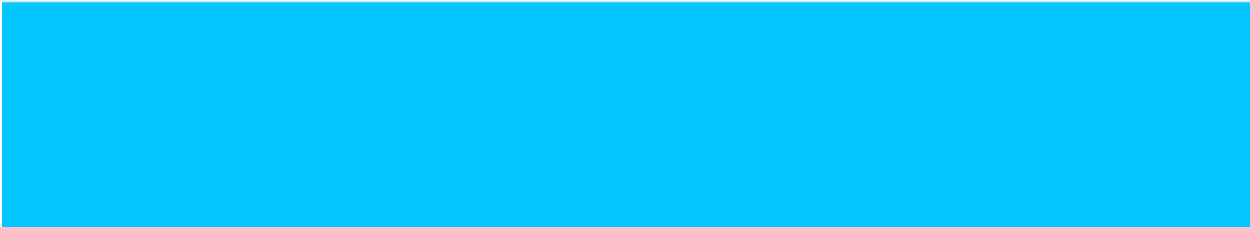
I loved working with Dr. Lisa Young. I felt like I was always trying really hard to lose weight, but I did not succeed. .. When I was six months postpartum, I chose to work with her to lose weight and get healthy after my pregnancy. I love that she has a PhD so she really understands food science and nutrition, but she also has years of experience working with individuals in her personal practice, so she knows what really works in day to day life, not just a lab.

-Kate H

Dr. Lisa Young analyzed, adjusted, and fine tuned my diet. She educated me on how diet affected my prediabetes, high cholesterol, and IBS. Dr. Young gave me countless helpful suggestions on how to correct and balance my diet. She always responded very promptly to my emails and questions. Dr. Young helped me lower my A1C Hemoglobin from 6.5 to 5.98. As well as loose 18pounds. I am embracing the Diabetic/Low Cholesterol diet that I now am permanently following. I am enjoying being medication free and in good energetic health. —MK



Dr. Young is a terrific nutritionist. I've cultivated a better relationship with food while losing weight in the process. My cholesterol and blood sugar also improved. Thank you.
Jenna K



Referral Source: on program

Message: Hi Lisa just want you too know I am still going strong on your program. I just love it and thankful I found it and you. I have several people reading your book and a friend of mine just got your book and I told her it works abd to read it over and over as I have until you understand it. I have it down to a science and follow it faithfully I belong to TOPS and am keeping off the weight I love it Thanks susan

Dr. Young is a terrific nutritionist. I've cultivated new habits that will last a lifetime and lost weight in the process! The best nutritionist!!

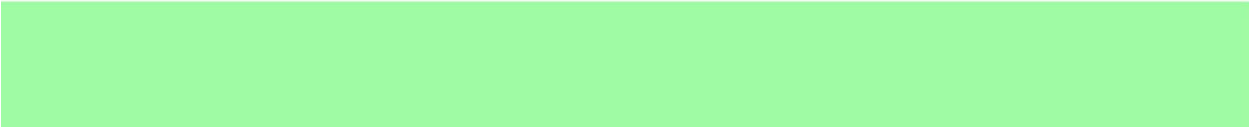
5 stars!!! 

Thank you Dr. Young!

Karen L.

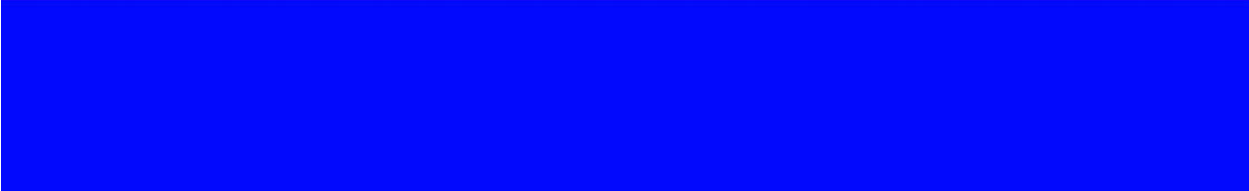


I treasure Dr. Young's advice! She is extremely practical, while being sensitive to human frailties. ...She understands people, accepts us for what we are, and works to be helpful. I eat better as a result. —
SS





Message: Hi Lisa just want you to know I am staying faithful to your program I love it and it works. I am off one of my diabetes medicines and my a1c is 5.8 I am down 31 lbs.



Message: Hi Lisa just want you to know this is still working I am a true believer in portion control is the best way to lose weight you have the best program Your book has been read by me numerous times it is now my "diet Bible" I journal daily