

Main Identity

From: "Harley Smith" <harley@rogers.com>
To: "Helen Brooker" <hbrooker@sympatico.ca>
Sent: Thursday, February 20, 2003 2:27 PM
Subject: Testamomial - Harley Smith

Name: - Harley Smith Age : - 68
Weight loss on the Brooker Program: 70 lbs in 44 weeks (269 - 199) Sept.
'01 - July '02

At entry into the Brooker Program, I found it necessary on all staircases to assist my ascent by pulling on the handrail. Today, (age 68) I skip up stairs 2 and 3 at a time. Upon program entry, I was a full time user of a CPAP machine in the treatment of sleep apnea. Lab tests done shortly after reaching target weight, showed that I no longer had need for this appliance.

Focussing on weight loss, and even more importantly on the maintenance of that loss, the Brooker Program goes well beyond the basics of nutritional guidelines - delving into many, many aspects of men's health. Extensive support and help is tabled in gaining control of the psychological aspects of behavioral change that is so essential to weight control.

Brooker has got this whole issue of weight control figured out and he's got it right. The Brooker message is needed by millions of adult males throughout the industrialized world. For practical purposes it is only available to a relative few in this area. It was my privilege to be among that lucky few.