

## Main Identity

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**From:** "Keeth Stone" <keethstone@sympatico.ca>  
**To:** "Helen Harvey Brooker" <hbrooker@sympatico.ca>  
**Sent:** Thursday, January 30, 2003 12:12 PM  
**Subject:** Testimonial - Keeth Stone

Hi Harvey!  
Here is my testimonial.

My name is Keeth.

Harvey Brooker saved my life.

I used to weigh 300 lbs and thought I would be dead before 50.

I now weigh almost half that and expect to live well into my 70s or 80s.

The Harvey Brooker Weight Loss for Men program helped me shed 140 lbs in less than 18 months (10 lbs a month for the first 10 months). The food program was easy to follow, the Sunday classes kept me motivated and the results are fantastic. I am healthier, happier and wiser. As Harvey says "if you could have done it yourself, you would have done it already", so stop making excuses. Read the book, join the program and get the results you desire. This program is about losing your excess weight once and keeping it off for ever by learning to eat properly. It is not a fad diet, it is a sensible life style change. Give your self the gift of life...