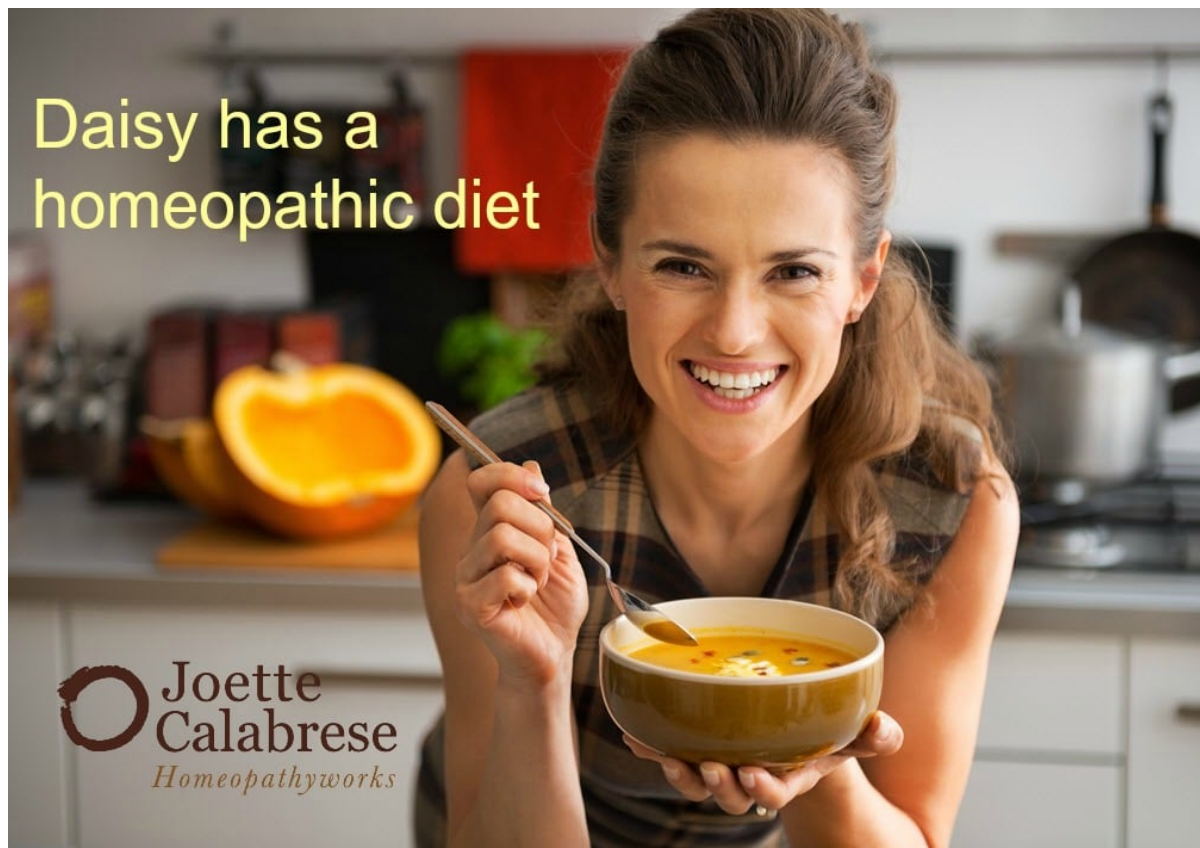


# Fat, Frumpy and Frustrated



She not only looked pregnant, Daisy felt pregnant, too. She wasn't, but her belly was so large, even her neighbor asked when the baby was due.

Imagine her embarrassment in having to explain she was not, in fact, expecting. It's safe to say the whole encounter was uncomfortable for both Daisy *and* her neighbor.

No matter how hard she tried, she couldn't get rid of her big belly. At first, she figured it was a sensitivity to gluten, so she did what most do when they believe gluten to be the culprit: she eliminated it completely from her diet.

Yet despite keeping track of every morsel she ate and every calorie she consumed, she didn't lose a pound.

Not only did she not lose any weight, she found the mere

thought of dieting so deflating, she began to justify indulging in pastries and chocolates on a fairly regular basis. And then there was the frequent indigestion.

Daisy felt fat, frumpy and frustrated.

She decided to take matters into her own hands by trying a new method of addressing her stubborn weight problems, particularly those associated with gas, acidity, certain food intolerances and this unexplained weight gain.

This consisted of using a homeopathic medicine in tandem with a few simple food swaps. The same method has worked for many (though not all) people whose symptoms were similar to hers.

Daisy began her new regimen by taking a dose of [Nat phos 6X](#) before every meal. She took it while preparing her food and continued to eat as she normally would (sort of), minus any gluten and sugary desserts.

However, she also added a small amount of fermented vegetables (in her case, sauerkraut) to each meal. In doing so, she immediately noticed a marked decrease in her indigestion; within days, it was entirely absent.

The burping stopped, too. Rather than an unpleasant addition to her daily diet, sauerkraut became Daisy's new favorite vegetable instead. It also helped eliminate her once constant cravings for good.

Over the next couple of weeks, Daisy noticed her jeans felt a little looser and she felt a little lighter. When she stepped on the scale, she was thrilled to notice a 6-pound loss!

This was enough motivation to keep her going. She soon, incorporated bone stock into her daily routine, always with her [Nat phos 6X](#) about 10 minutes before mealtime.

Within a few weeks, she had lost a total of 13 pounds. The best part, according to Daisy, was how effortless it felt. No hunger pangs, no unnecessary caloric restrictions, ...just wholesome results.

The last time Daisy and I spoke, she reported she hopes to lose another 7 pounds, for a total loss of 20.

I'm certain she'll succeed.

Will Daisy's strategy work for everyone?

Probably not.

Is it worth a try?

I think so.

When acidity accompanied by bloating and sweet cravings is a problem, along with weight struggles, *Nat phos 6X* is a good bet.

If you decide to follow Daisy's simple program, give it several weeks and let me know how you do.

Should you have another method of weight loss using homeopathy, please share it here.

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