

# Re: Jenny Craig

---

*Source:* <http://sci.tech-archive.net/Archive/sci.med.transcription/2006-02/msg00389.html>

---

- *From:* Blupencl <[Blupencl.22tgay@xxxxxxxxxxx](mailto:Blupencl.22tgay@xxxxxxxxxxx)>
  - *Date:* Mon, 6 Feb 2006 10:01:29 -0600
- 

I have known/worked with several people who went to Nutrisystems. They all lost enormous amounts of weight – and all gained it back as quickly as they went on regular food. One went from a 12 to a 4 and from a 4 to an 8 and from an 8 to an 18, where she is now. I hated that for her.

I don't think it's not a problem to initially lose a large amount of

weight,

but the problem is keeping it off. The issue has to be health over weight.

IOW, "I'm going to change my eating and activity habits, for an improved quality of life ... and whatever weight I lose is an added bonus."

—

Blupencl

.