

I vaguely remember reading somewhere that the difference between success and failure was education. That idea now makes perfect sense after completing VT6. My failure in weight loss was completely due to my lack of education about the way the human body works. I was an overweight child, and my fittest years being in early college when I was the most active. After college, my weight crept on me and I went through huge weight swings. I always kept my eye out for “the next thing” that would help me, only to self sabotage myself and gain it all back. When I first discovered Venus Index in January of 2012, I did the workouts 3x a week but did not take the diet aspect seriously. My weight did not budge and stayed at 140 for weeks and I remember being very frustrated even though the workouts made me feel better. After moving back to California, I decided that it was time to get serious and to focus and I did the workouts and fasting, but was not strict on my diet. It was only after joining VT6 on Aug. 27 when I combined the workouts, fasting and calorie counting that the weight began to melt off and I transformed. During the transformation, I tried to keep it as easy as possible so that my mind wouldn't fight me. I read a book called “If I am So Smart, Why Can't I Lose Weight?” and that created a major change. In the aspect of exercise, the author mentioned that we should be the giver, and not the receiver. Exercise was something we gave to our bodies and health, and to not expect anything in return. It was reading this chapter that made me realize that I have been so abusive to my body. All it has done is given me a place to inhabit my spirit, and all I have done was condemn it for its looks and its inability to lose fat when I'm the one who keeps on feeding it more calories than it can burn. So I decided that I was going to treat exercise the same way as I would buy or do something for someone I loved. Exercise was something I was going to give to my body without expecting anything back. My relationship with food also changed with this Transformation as I realized that for me it makes up 95% of weight loss. My eyes were opened to how our society is immersed in the clever marketing of food companies. And, why is it that we have placed so much of our happiness in the hands of food? I learned to love fasting, when in the beginning of this year I swore that I couldn't fast for 24 hours. When I would have my tough mental days, I would remember this quote I read on Tumblr on a Fitspiration tag : “It's simple really, either you do it or you don't.” It WAS simple. Either I fast, or I don't. Either I do my VI workout, or I don't. Either I eat the cake, or I don't. That simplicity carried me through all the mental and emotional banter that has resulted in confusion and despair in the past. The program was well calculated and laid out for me, I just had to follow. After the completion VT6, I am a new person. My most cherished result is that I never have to listen to my old self talk. “That girl is so skinny.. I hate the way this looks on me.. Will I ever lose this weight?” I know how to do this now. It's just simple math. There are no more excuses. Thank you Mr. Barban and Mr. Pilon for the education you have given me that led to my success.

Before
Weight 140
Shoulder 43.75
Waist 31
Hips 36

After weight 118
Shoulders 40
Waist 25
Hips 33