



100 Pounds to Happiness!: How A Disabled Woman In Her 50's Lost Over 100 Pounds On Her Own! Learn How!

Shelley Rafilson

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Featured in Healthmonitor at HOME Magazine, Spring 2015 Edition, one of the nation's largest and best award winning consumer health and wellness publications sent to over one million homes. Also featured in the Feb/March 2016 Edition of Neurology Now, an award winning doctor approved official publication of the American Academy of Neurology. Also featured in the book "I Survived. Now What?: Finding Meaning From Loss." My book "100 Pounds to Happiness!" - How a Disabled Woman in Her 50's Lost Over 100 Pounds on Her Own - Learn How, is my journey to lose over 100 pounds on my own, middle aged, without exercise and without cooking, where I found success and better health. It is literally my step-by-step guide showing exactly what I did to reach my goal including adopting a positive mindset and attitude. It includes foods and vitamins consumed at home, advice on how to easily dine out including foods and restaurants, discusses journaling, handling weigh-ins, setting reasonable goals, calling upon past successes to assist now, forgiveness, living in the present and being your own best advocate. Once weight loss goals are achieved, it discusses what to do to adjust your plan for continued success, along with other valuable information.

Living with Neuropathy, Fibromyalgia and Sjögrens, in menopause, in my 50's with a slower metabolism, and taking medications that can cause weight gain, I took control back of a life-long food addiction and successfully lost over 100 pounds. Sjögrens and Fibromyalgia brought me great fatigue along with Neuropathy pain, but I changed my mindset, kept a positive attitude and changed my life. Being my own best advocate and watching my health, in the middle of my diet I learned that NSAIDS for Neuropathy pain were affecting my kidneys so I stopped cold using them with the exact same mindset for losing weight and which can help with any health condition. My kidneys have improved and I now use more natural means for pain relief, those natural means also discussed in the book.

My story applies to anyone, of any age, health condition and situation to lose and keep off weight, improve health, increase energy, lessen pain, feel better, renew confidence and lead a happier life. By having faith in yourself, adopting a positive mindset and attitude, you too can achieve any goal and find success!

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