

Smart Life Success Story

I can't help it, I love to share my clients' successes on this journey. I'm so proud of everything they've accomplished and hope they inspire you the same way they inspire me every day.

Rich Dropped 40 Pounds! These are his Before and After Photos!

"6 Months to a Smart Life introduced so many great, positive changes into my life. Prior to working with Ronit, I was slightly overweight, with mildly high blood pressure, borderline high cholesterol, and from time to time, a short temper. Since implementing her approach I've seen great results:

1. I lost 40 pounds.
2. My blood pressure lowered from 154/104 to 120/80, and my medication dropped to minimal dosing.
3. No more headaches due to high blood pressure.
4. My blood sugar levels are lower.
5. My cholesterol dropped from 206 to 154.
6. I sleep better and longer.
7. I manage stress more easily and don't blow my fuse as often.
8. I feel more energized and younger, and work out 4 to 5 days a week.

The days of feeling lethargic, cranky, overweight and getting older are in the past!

Thanks to the Smart Life approach:

- I'm eating less processed, store-bought foods, plus making smarter choices at restaurants.
- I've replaced dairy and dairy products, including milk or creamer in coffee, with almond milk and coconut products.

- I'm drinking more green tea instead of coffee.
- I've reduced consumption of alcohol.
- I'm enjoying more vegan meals.
- I've eliminated toxins, such as processed sugar and dairy, as well as incorporated organic foods whenever possible.
- I've started juicing and enjoying green smoothies. I actually crave greens and miss them when I don't have them.
- I eat more, and as many super foods as possible, like chia seeds, goji berries, spirulina, hemp and flax seeds, and kale (I'm a kale-a-holic!).
- I take supplements that add antioxidants and anti-inflammatories to my diet.

Thank you, Ronit, for showing me the way that I should be eating and living!" – Rich