

# Client Testimonials

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*Part of me had given up on ever having a desirable, healthy weight again. But part of me still had hope. I have tried every program out there, and this is the fastest easiest plan I have ever seen. I highly recommend it. I expected weight loss, but I did not realize all the health benefits that came with it. Weight ruled my life and mood. Now happiness does.*

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*- Susan B.*

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*I have struggled with my weight for quite a while. I found The Sound Body Institute and after **2 weeks I have lost 15 lbs.** I am seeing amazing results. This has made me happier and healthier. I wish I had found this program sooner.*

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*- Christine E.*

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*I have tried all kinds of diets. The Sound Body Institute is easy, and it doesn't require any time. You eat real foods and learn healthy eating habits. Along with cellular frequency corrections to help restore your metabolism you burn fat and feel great. My energy levels are amazing. I have been on the program 6 ½ weeks and have **lost over 30 lbs.***

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*- Kathy P.*

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*What an amazing group of people at The Sound Body Institute and all of their encouragement and support.*

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*- Wendy J.*

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*Excellent program that really gives you what you want!*

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*- Sean B.*

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*I am so glad I found this system. My weight has been up and down my whole adult life. I've tried almost every "diet" out there. I even did a 6-week 20lb challenge at a local gym and ate the same thing every day and worked out 5+ times a week. It was like a full-time job! I only lost 16 lbs. in 6 weeks and gained it all back quickly. But this is so much different. I've only been on it 4 1/2 weeks but have already lost more than that last challenge. This really works. Plus, they tell you to maintain your current activity level and not start anything new. My current level was just daily tasks. I haven't purposefully exercised in a while. I have been losing **4 - 5 lbs. consistently each week** without any exercise! You eat regular, healthy foods, so it doesn't get boring. I couldn't be happier.*

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*- Michelle M.*

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*The Absolute Best Most Effective Weight Loss Program I've ever been on. I have ZERO craving or feelings of hunger. My weight loss has been dramatic. These people really care about your success and are very knowledgeable.*

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*- Susan A.*

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*The Sound Body Institute is amazing. There are a lot of diet programs out there that focus on diet plans and require you to purchase their meals. You end up being on them for years and when you go off you gain that weight right back. The Sound Body Institute is an entirely new approach that produces results in a very short period and your body is adjusted to keep the weight off. I've been looking for a way to lose weight for years and everyone told me to move more and eat less. That doesn't work for me. The Sound Body Institute does work for me as well as many others that are on the program. When I first started my metabolic age was 90 years old and now it's 63. ( real age is 66 ) I have lost **28 pounds in less than 2 months** and looking forward to losing another 12 pounds. I am confident that I will reach my goal in the next few weeks. No doubt in my mind. Still so excited about this system and the results that they have helped me achieve.*

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*- Kelly F.*

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*I started the Sound Body Institute's Total Body Transformation about 6 weeks ago. It has been a wonderful experience. I can't believe I'm already **down 38 lbs.** and going strong*

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*- Jody H.*

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*I was never concerned about my weight as much as how much fat I was carrying. The Sound Body Institute system is eliminating the fat I don't need and restoring my metabolism. It's just that simple. Currently **down 26 lbs. and still dropping.** Highly recommend!*

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*- Mike S.*

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*I've been on every diet/weight loss journey there is - Medifast, Dr. monitored where you eat, drink, protein shakes all day, take shape for life, South Beach, Atkins, Whole 30, you name it! I guess I am a chronic dieter. And I'm not crazy overweight; just constantly battling 10-20 pounds of unwanted fat! All regimens produce results while following protocol, but as soon as you deviate BOOM... you suddenly seem to easily find every pound you lost! And I'm back at square one. Then I stumbled upon The Sound Body Institute. I thought... this sounds cool and different. I had to try it! Just the possibility! I am a skeptic but at the same time an optimist. It was hard for me to fathom how "science" could do this because it's not something I can see - Science is sometimes hard to understand and seems like magic! But at the same time, it made sense. I reasoned with myself: if anyone can do this... then why couldn't I do this?? I had to try. And - it works!!! So crazy! **Pounds fell off.** It was easy. I dare to say, enjoyable! The diet is simple, super clean, and absolutely zero percent of anything unnatural which I love! Other diets have you eating out of packets, "food" made of powder, and you just know you can't live on this forever and what's going to happen when I stop!? The Sound Body Institute's program is all real food! No additional costs for strange diet food you can only buy through them. Zero pills. Super wholesome and your whole family can eat it! (I absolutely hate having to make food for the family and then sitting down with my "diet food" struggling not to cheat and eat what everyone else is eating!). And then there's the science part of it. It works! You somehow manage to have amazing energy while on this program. I was happy, upbeat and feeling great during the whole journey. Zero mood swings, which seem to plague me on every diet I've done (I get "hangry"). The weight stays off!!! During my journey, I went on a couple vacations and knew I would not be eating healthy. I would be eating rich foods, drinking and snacking - a recipe for disaster. I was worried what would happen to my newly shrinking body. I expected the worst. To come back 7 pounds heavier but hoped for the best. I came back to only gaining 1 pound!! I was pumped! I went right back to the plan and continued to lose weight. That was proof to me that the "science" was doing its job. My body has become a fat burning machine! I really have no negative comments about the whole experience. It is worth every penny! Good luck my fellow diet junkies :)*

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- Karen M.

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*This system is amazing! The results are fantastic. Even when not completely perfect I am at **15 pounds fat lost in 3 weeks**. Well worth the cost.*

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*- Danielle B.*

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***20 pounds in 30 days and counting!** The Sound Body Institute has transformed my body and my life. I would not be where I am today, without the Sound Body Institute teaching me about me! Anyone looking for a way to feel better and lose weight should not hesitate to start this program.*

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*- Anne C.*

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*I am **down 44 lbs. in 9 weeks...** far more than what I paid for. Looking to lose another 25 to 30 lbs. The people who created this are true motivators that teach and educate you in ways that are straightforward and easy to understand. If you want to lose that excess fat, this is an easy plan that will change your life, forever.*

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*- Scott F.*

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*I have been the same weight for 8 or 9 years now. I have tried many diets that bring some weight off then my body went right back to where it was. When I started this system it struck me that this is a science-based solution and at first, yes, I thought... is it too good to be true? Now after two weeks on the program and **13 plus lbs. gone**, I am an absolute believer. I have learned so much about myself in the last two weeks. If you are struggling with your weight you need to start the Total Body Transformation today*

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*- Christina M.*

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*So far, this program has been amazing! Weight is falling off, I have increased energy and I feel great*

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*- Leyla J.*

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*The Total Body Transformation is the absolute best thing I have ever done! I've tried it all and this is working beautifully, **7 weeks in and 37 pounds down!** Super knowledgeable. I would recommend this system to everyone! I can't say enough great things about the Sound Body Institute! AWESOME*

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*- Liz A.*

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*This is a truly unique, one-of-a-kind, program combining sensible diet and technology for incredible results. And the results are in weeks, not months! I started 8 weeks ago with a metabolic age of 58 and now have a metabolic age of 31, having **lost 35 pounds** of unwanted fat ... not just weight ... fat weight! This program offers a life changing experience! This will soon change the way everyone will view dieting, weight loss and our long-term wellness. Thank you to everyone at the Sound Body Institute*

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*- Dennis P.*

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*I did the program exactly as instructed and lost over **20 lbs. in just 5 short weeks**, which is 5 more than I anticipated. I'm extremely happy with my results and this program.*

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*- Linda K.*

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*The Sound Body Institute has cracked the code! This is the most successful Total Body Transformation I have ever experienced or could have imagined. Incredible to say the least.*

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*- Steve B.*

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*I'm thrilled with not only my weight loss, but especially the inches lost around my waist. This program targeted my trouble spots and left my naturally healthy areas alone. I also have less inflammation in my body and have healed a chronic health issue I've been dealing with for the last 23 years.*

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*- Michelle H.*

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*Program works! **Down 21 pounds after 4 weeks.** Newfound knowledge I didn't know was out there. Life changing success after multiple failures with other program promises.*

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*- David O.*

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*The program really works, you must stick to it and you will see results in a short amount of time. **I lost 23 pounds in 5 weeks**, unheard of for someone with Hashimoto's Disease. I am very happy with my progress. I have learned so much about nutrition, hydration, and the effects of what I put into and onto my body. I had no idea the damage I was doing to my body.*

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*- Ritajean F.*

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*What a fabulous group of people who put this together. I'm stunned and elated at how fast and easy the weight comes off. I'm never hungry or experience cravings. I even spent a week in Cabo San Lucas and lost 8 lbs. of body fat while I was there!! I've been on the Program now for **8 weeks and have lost 38 pounds***

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- Susan L.

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*My husband and I are both on the program. Love the progress we are making. All we can say is this is amazing.*

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- Andee G.

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*I had to stop working out with my personal trainer a few months ago due to a knee injury. Unfortunately, some of the weight that I had worked so hard to lose was creeping back. I've been on The Sound Body Institute's program for 6 weeks now. I went to see my trainer this morning, he wanted more info about the program that I'm doing. He did all my measurements, body fat testing, weight, etc. I am EXACTLY where I was one year ago when I was hard-core working out burning 800+ 1000 calories a day 5+ days a week. I couldn't believe it!! The Sound Body Institute truly is a life changer*

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- April G.

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*Great experience, smart people and it really works*

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- Dan M.

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*I have now been on the Total Body Transformation for **8 weeks and am down 35lbs**. Y'all let me tell you IT WORKS! My friends wished me the best, now they are all on it. It's a one-of-a-kind program and I am here to tell you, DO IT! Not only do I feel better and look better but I've never felt more alive! I'm down 35 lbs. with 25 to go and I KNOW I WILL KEEP IT OFF! This is NOT a hard plan to follow but you do have to stay committed and not allow yourself to find excuses! I have lost FAT in places like my butt, my hips, my inner thighs! My thighs don't rub together anymore - it's an awesome feeling! I am actually wrapping a regular towel around me after showering - it's the little things that will make you feel amazing like this! My metabolic age has dropped from a 73-year-old to a 53-year-old in just 8 weeks... y'all I'm only 32! Give this program a try! Nothing else has worked for me, and I hate working out, so this is why THIS program is so perfect*

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*- Dare R.*

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*I want to share my experience, in the hope that folks who are "on the fence" will decide to just go for it! I'm a person who struggled to lose "those last 10-12 pounds". I know all about healthy eating and consistently exercise 5 days a week. Those last 10-12 simply refused to go! I heard about The Sound Body Institute through a friend and pondered and prayed for 3 weeks. The cost was next to nothing, and if what they claimed was real, then the small cost would be an investment in myself and my health goals, and I am worth it! I decided to jump into the deep end of the pool and just do it. There was nothing to lose... except 12 pounds... I hoped! My process of losing fat and resetting my metabolism was amazingly fast. I **lost 10 pounds of fat** and have maintained it for 6 weeks and counting. The results speak for themselves. I had only 2 pounds to go and reached my goal weight 3 days later.*

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*- Sandy E.*

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*I finally lost my 'basketball' belly after trying so many different diets for the last 5 years! I'm so happy after 5 weeks to be able to wear my 'smaller' clothes that I couldn't before because I felt like I looked pregnant. I just couldn't lose it on my own and decided after checking into this program that it was worth a try and I am so **HAPPY** with the results!! And my husband is happy that I'm happy!! It's so positive to see myself and others losing weight and looking great. I want to tell everyone wanting to lose weight about this program and share the secret!! Thank you to the Sound Body Institute for developing this wonderful program for helping people get healthy, and to look and feel great.*

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*- Laura L.*

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*It's been just under **10 weeks now... 50 lbs. shredded**. I have hit my weight goal, but I still want to lower my metabolic age. It's not just about the weight.....*

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*- Tony G.*

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*I have been on the Total Body Transformation program for **two weeks and have lost 12 pounds**. What a fantastic experience so far. Of course, there is always going to be someone who cries bloody murder if they themselves are a failure. Blaming someone else is always easier than looking in your own mirror. If you follow the protocols you will get the results you seek.*

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*- Jeannie W.*

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*This is a program which was recommended to me by a Chiropractor I've been going to for about four months now. With the Sound Body Institute, I'm now going on my third month on the program. Without getting too personal about my situation, I will say I've lost a "significant" amount of weight, I feel better, I look better - everyone compliments how good my skin looks and how radiant I've become - and foods which (previously unknown to me) used to cause inflammation/pain is no longer an issue. I have spoken highly about the program to my coworkers and friends about the many benefits the Sound Body Institute offers, especially since my friends/co-workers have mentioned a vast improvement in my energy levels and mood. This is a program in which you will lose weight quickly if you follow it as instructed and stay strong. The first week or two can be emotional for some because you are detoxing off all the processed foods, sugar, and other chemicals and toxins which are in the food we eat. Bear in mind, this is not unusual regardless of what "diet" you decide to go on if you are cutting out all the addictive foods which caused your weight gain and pain in the first place. As a side note - many people are unaware of how addictive and harmful some of the "normal" foods are which we eat daily and yet have been told are "healthy". Also, food addiction is the one of the largest problems - if not the largest - in the United States. Breaking an addiction can be difficult, however. The Sound Body Institute genuinely want you to succeed and will do everything possible to help you along the way. This is about a lifestyle change and taking control of your health and overall well-being. If you are serious about your health, weight loss, or both, then this is a fantastic program and it does get easier over time.*

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- Amy C.

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*I wish this program was around about 10 years ago. But better late than never. I did it! I told everyone I would and there were those that doubted me, probably because of past history. But I proved myself and am so proud of myself. And it's because it was so easy. Easy with rapid results! And I feel good about walking past plate glass windows again. The reflection no longer depresses me*

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- Karin M.

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I joined the program and **weighed 281 Lbs.** I am still on the program losing weight and more importantly my fat % is dropping. I am **currently down 53 lbs.** and now must buy clothes that are smaller than my skinny clothes! I have been on Keto, Weight Watchers, NutriSystems, Atkins, HCG, and other diets. What they all have in common is reducing the food intake and consuming fewer calories. Most reduce fat intake and carbs. Yes, The Sound Body Institute's program required me to alter the way I eat. I now only eat fresh meat or fish protein each day, fresh vegetables each day, and fresh fruit daily. This is a big change from all the fatty foods and comfort foods my body always thought I needed. Yes, I miss eating a bowl of popcorn with butter on it. When I craved foods, my body was telling me I was hungry. Some may say they are a little hungry on this diet but that is mental weakness. All of us that have chronic weight issues probably love the taste of food. We live to eat rather than eat to live! Some of us eat because we are addicted to flavor not because we need the food. I have been out to dinner and watch others eat pie and I refrain from it. Passing on desert is a great feeling. I normally would indulge even if I was completely stuffed. I have learned to eat so much better on this program than I can ever remember. No processed foods and nothing in a box. My life has truly been changed and I owe it all to the Sound Body Institute. I am so glad my sister told me about The Sound Body Institute! One final note, I had very bad health issues due to being overweight including high Cholesterol, dangerously high Blood Pressure, Pre- Diabetic, and Sleep-Apnea. I am almost off all my BP meds, stopped using my CPAP machine, and my Glucose and Cholesterol are all in the normal range now. I am working with my doctors to be off all medications. If someone would have told me that in less than 3 months, I would have these many improvements, I would have laughed. I never thought this life changing experience was ever going to be possible. I am truly thankful for The Sound Body Institute

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- Scott S.

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Have **lost over 30 lbs. in less than 2 months.** Program worked great and I'm very pleased. The Sound Body Institute is knowledgeable, professional, and positive. Only program that has worked for me.

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- Pat L.

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*This review is long overdue. But I am so full of life since starting the Total Body Transformation because I am always busy, being more active than ever! The Sound Body Institute has changed my life. Forever! I **lost 70lbs and kept 98% of muscle on my body**. I went from a size 18 to a size 8. I have never been a size 8! I told my family that this is like a bucket list item that I just checked off. People comment that I look at least 10 years younger and that I seem taller (I am 5'8") Hearing the comments never gets old. This will go down as the year that life began again.... with the inspiration, motivation, and encouragement of the Sound Body Institute.*

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*- Kelly P.*

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*I love The Sound Body Institute! When you follow their plan as instructed, it works! I love everything about this system! So many changes since I began and they are all good changes. I'm excited for what the future holds for me and others who choose the Sound Body Institute*

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*- Tammy P.*

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*The Sound Body Institute has changed my life! **Almost 60 lbs. down and still going!** This unique program is simple, easy and it works! The people behind this made me feel anything is possible. If you have been struggling with your weight, you need to give the Sound Body Institute a try! I talk with so many people who say “why did I wait so long to do this, it’s so simple*

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*- Christina M.*

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*When I started, I was **308 pounds** borderline diabetic on two different medications for high blood pressure. The knowledge I've gained from the Sound Body Institute is always available to me whenever I need it. I wouldn't be **down to 197 pounds** "as of this morning ", I am off one of my high blood pressure medications and next month I will be off the other one. Through my journey on this program, I've inspired several people, who have got on the program and they also have lost significant amounts of weight. Anytime anybody asks how I lost the weight there's no hesitation on what program to recommend to them, The Sound Body Institute, no question about it. Thank you to the Sound Body Institute and the amazing team of knowledgeable, talented and truly caring people*

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*- John S.*

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*The Sound Body Institute works! I have seen it firsthand and from many others. Measurable and consistent results!! So exciting to finally have a scientifically proven program that produces such consistent results. As a Dr., I would highly recommend this system to anyone wishing to safely, effectively, and quickly lose unwanted weight.*

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*- Dr. Brian V*

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*I love The Sound Body Institute! I have personally seen the benefits and results that are produced. I went on the standard 5-week plan and not only lost weight, but it has stayed off for over a year now. Amazing to say the least. Thank you, Sound Body Institute*

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*- Cambria O.*



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*I **lost 20 lbs.** I haven't weighed 136 since my early 30's. I am now 58 years old and get compliments on my appearance frequently. These people are amazing individuals and have truly motivated me to be the change that I always talk about. I have referred so many friends to The Sound Body Institute and they are all as happy as I am. Again - thank you for changing my life from a budding matronly middle-aged woman to a woman who feels young and gets more attention than I ever expected.*

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*- Debra R.*

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*I was introduced to The Sound Body Institute by my wife, Debbie, and started on our journey together. I was tipping the scales at **206 lbs.** while working out diligently in a cross fit gym gaining strength but no loss where it mattered. Within a few weeks of following the program, I immediately saw results. 8 weeks later, I hit the mark of my goal **of 175 lbs.!** At age 59, I'm back to my trim feel and appearance as when I was in the military. I'm sincerely grateful to the Sound Body Institute, and the fellow travelers on this both fat loss and lifestyle change journey . To those who query about the inexpensive cost and such little time spent, I ask you, "If your primary means of transportation was broke what would you do to get it repaired?" Your body is YOUR creator-designed and given primary means of transportation, and you owe it to yourself to give it the very best. The integration of technology, nutrition, following a process, and education are key to its success. It's quite a feeling to see the looks of amazement from friends who've known my wife and I to see our transformation*

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*- Peter J.*

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*The plan works, and it is worth it! I have had weight issues for most of my life and am very satisfied with how this program has worked for me ! I **have lost 64 pounds** and almost at my goal weight. The plan is straightforward, fairly easy to implement and I'm happy to say I don't feel hungry. I appreciate all the information and support the program has given to me.*

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*- Carol S.*

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*I have lost **90 pounds in 7 months** without feeling hungry. My mindset has changed on how I look at food. Food is for nourishment. I have more energy. My knees don't hurt. I feel better. I have tried almost every plan on the market and have always gained back more than what I lost. I have more to lose to be at my goal , but I will succeed.*

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*- Julie G.*

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*I had tried every weight loss plan available and The Sound Body Institute has been life changing for me. **I lost 30lbs** and have never felt better. The Sound Body Institute will enable you to change your life forever. The Workbook and Welcome Package is filled with wisdom on health, motivation & success, your success!. Thank you for this program, my heart is filled with gratitude.*

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*- Debbi J.*

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*This experience has been life changing — I have **lost 35 lbs.** of which over 34 lbs. of it was pure fat. I no longer have Type II diabetes or high blood pressure—my doctor told me to stop taking the medications but first asked me who's blood I had used on the blood test. **My wife is down over 60 lbs.** of fat and hasn't had this much hope and enthusiasm for over 30 years. A heartfelt “thank you” to the Sound Body Institute*

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*- Mark P.*

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“ My wife and I went through the Total Body Transformation in 2017 when it was first released and it truly changed our lives. We both achieved our goal weight and have kept it off ever since (3+ years now). The program gave us the knowledge and resources to eat healthy and recognize what it takes to have control of our body and health. ”

- Dean J.  
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“ The most amazing experience of my life. I can never thank the Sound Body Institute enough for changing my life so much! I will continue to spread the word and really, I don't have to. People see the amazing results daily not only in how I look but in my attitude towards everything! I'm just happy! Those are the side benefits of the Sound Body Institute and its effect on my life ”

- Liz C.  
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“ I'm very impressed with the work The Sound Body Institute is doing. My son's health and well-being has transformed along with **100+ lbs. weight loss**. Changing ones eating habits is very challenging and balanced health isn't just what you eat but has many other components. The Sound Body Institute addresses the whole person for whole body health. It's well worth the small investment and the effort. The knowledge you gain is life changing and you will be amazed at how much you didn't know before going through this program. I feel like an expert on nutrition and the real science behind it. ”

- Ellen W.  
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*I would like to state that I hit my goal and have EFFORTLESSLY held my new weight and metabolism for over 2 years now. I am starting a whole new realm in my life and it has never looked so bright. I can't appreciate your system enough. The world is a better place with The Sound Body Institute in it. Have you considered Shark Tank?*

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*- Sheri D.*

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*Great results, very professional and straight forward approach, can't say enough about the Sound Body Institute. I've lost weight, my friends have lost weight. Very inexpensive for what you get. Can't say enough about the experience I have had. I would not hesitate in recommending anyone to this system. The customer service is what it used to be like 30 years ago. THANK YOU, THANK YOU, THANK YOU*

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*- Valerie V.*

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*I was so dizzy and lightheaded all the time, so I went to my MD for assistance. I was advised to lose some weight and work on reducing my stress levels. Shortly thereafter I found the Sound Body Institute. My transformation had been so fast and dramatic that everyone has been asking me what I have been doing. The Total Body Transformation is the most amazing experience I've had. Thank you for giving everyone this super easy and simply system. I am no longer a dizzy lady and I have **lost 20 lbs. of fat** and have more energy than I have had in years*

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*- Sandi T.*

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*I have **lost over 90 pounds** since March 31, 2018. My energy is great, and my knees don't hurt. I have tried almost every diet plan out there and have always gained more back than before I started. This one is different. I'm eating real food that I prepare myself. I look at food differently. It is for nourishment. If you are serious about getting healthy again and losing body fat, you will be successful with the Sound Body Institute's program. Don't wait another day and get started today.*

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*- Julie G.*

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*The Sound Body Institute helped me **lose over 25 pounds** at a point in my life when nothing else was working. I feel like they have become part of my family. I would recommend this program to anyone ready for a change. The results are amazing*

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*- Violet S.*

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*The plan works, is very inexpensive, and it's so easy! I have had weight issues for most of my life and am very satisfied with how this program has worked for me! **I have lost 64 lbs.** and am almost at my goal weight. The plan is straightforward, quick, and easy to follow, and I'm happy to say I never feel hungry. I am a changed woman and I owe it all to The Sound Body Institute.*

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*- Carole M.*

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*What a fabulous group of people at The Sound Body Institute who developed this fantastic system. I'm stunned and elated at how fast and easy the weight comes off. I'm never hungry or experience cravings. I even spent 10 days in Hawaii and didn't gain a single lb. while taking a planned break. I'm **down a total of 92 lbs.** and feel like a new person! What an incredible experience to have found the Sound Body Institute. Life changing and life affirming*

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*- Cindy T.*

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