

## Jay King: Another Success Story at the *Cookie Nation*<sup>TM</sup>

Special article by Blake Friedman



About a year ago, Jay King, a former competitive athlete, went to the doctor for his annual checkup. At the time of his checkup, King weighed **300 pounds** and had blood pressure of **191/160**. As a result of his obesity, King's doctor placed him on blood pressure medication and informed him that he was a candidate for a heart attack or stroke. While King knew he needed to make a drastic lifestyle change, he felt hopeless. No diet King had tried in the past had been successful. In addition, King's job as a salesperson at an appliance store forced him to remain sedentary most of the day.

Where was he going to find a solution? Luckily, the solution fell into King's lap. Shortly after ballooning to 300 pounds, King's friend, Attorney Douglas Oden from San Diego, informed him of the *Cookie Nation*<sup>TM</sup> - a diet center that provided the tools and support necessary to lose weight. King was skeptical of the "Cookie Nation" citing all of his failed attempts to find a diet in the past, but Oden just kept telling King to "try the cookie."

Jay didn't realize what "the cookie" was until he walked into the *Cookie Nation*<sup>TM</sup> office and realized "the cookie" was an all-natural protein cookie meant to ward off hunger while providing nutrients and vitamins necessary to maintaining a healthy diet regiment. King, motivated by his desire to change his life, decided to try the cookie diet.

After the first day, Jay noticed he didn't have the hunger pains he associated with diets in the past. In fact, he felt more full while on the diet than he had before he began the diet. After the first week, King lost ten pounds. It was then that King realized the diet was really going to work. When asked about his ability to lose weight on the *Cookie Nation*<sup>TM</sup> Diet System, King said, "I felt at the time that I was not going to have a problem losing weight. No problem at all."

Empowered by his recent weight loss, King began to incorporate exercise into his everyday routine. After work, he began to walk. His walks began as short strolls around the block. Even this short walk was a feat. Prior to beginning the cookie diet, King could hardly walk one hundred yards without becoming winded. Soon, his short walks around the block became 6 mile hikes uphill. King was literally on top of the world!

When asked about his experience with the *Cookie Nation™*, King said, “I go on 6 mile hikes straight uphill. I just went to the top of that hill and looked back down and thought, I haven’t been able to do this since I was about 16 years old--I’m really back! I don’t want to lose that. I don’t want to lose that feeling, the confidence or my health. I’m encouraging people to feel that as well--to get their body back to the way its supposed to be. I want people to enjoy life and their family because that’s what it’s all about. This diet has been a great experience--a marvelous, marvelous turnaround in my life. I can’t thank the ‘Cookie Nation’ enough!”

Today, Jay King, the same man who only a year ago was told that a heart attack or stroke was imminent, has lost over **100 pounds**, lowered his blood pressure to **128/82** and no longer takes any blood pressure medication. Thankful for the return of his health, energy and confidence, Jay King credits the *Cookie Nation™* for his complete lifestyle transformation. When asked how the “Cookie Nation” made his success inevitable, he said, “Well, I can’t say enough about them. They gave me the hope that was necessary to complete the journey. That is the key. If you don’t have hope or a network of people to support you it’s that much harder. The people at the *Cookie Nation™* knew I was going to be successful--I just needed to do my part.”

The *Cookie Nation™ Diet System* is located at 4908 W. Slauson Ave. (Fairfax and Slauson) and their phone number is 323-296-3438 or you can check them out on their website at [www.cookiecongregation.com](http://www.cookiecongregation.com).